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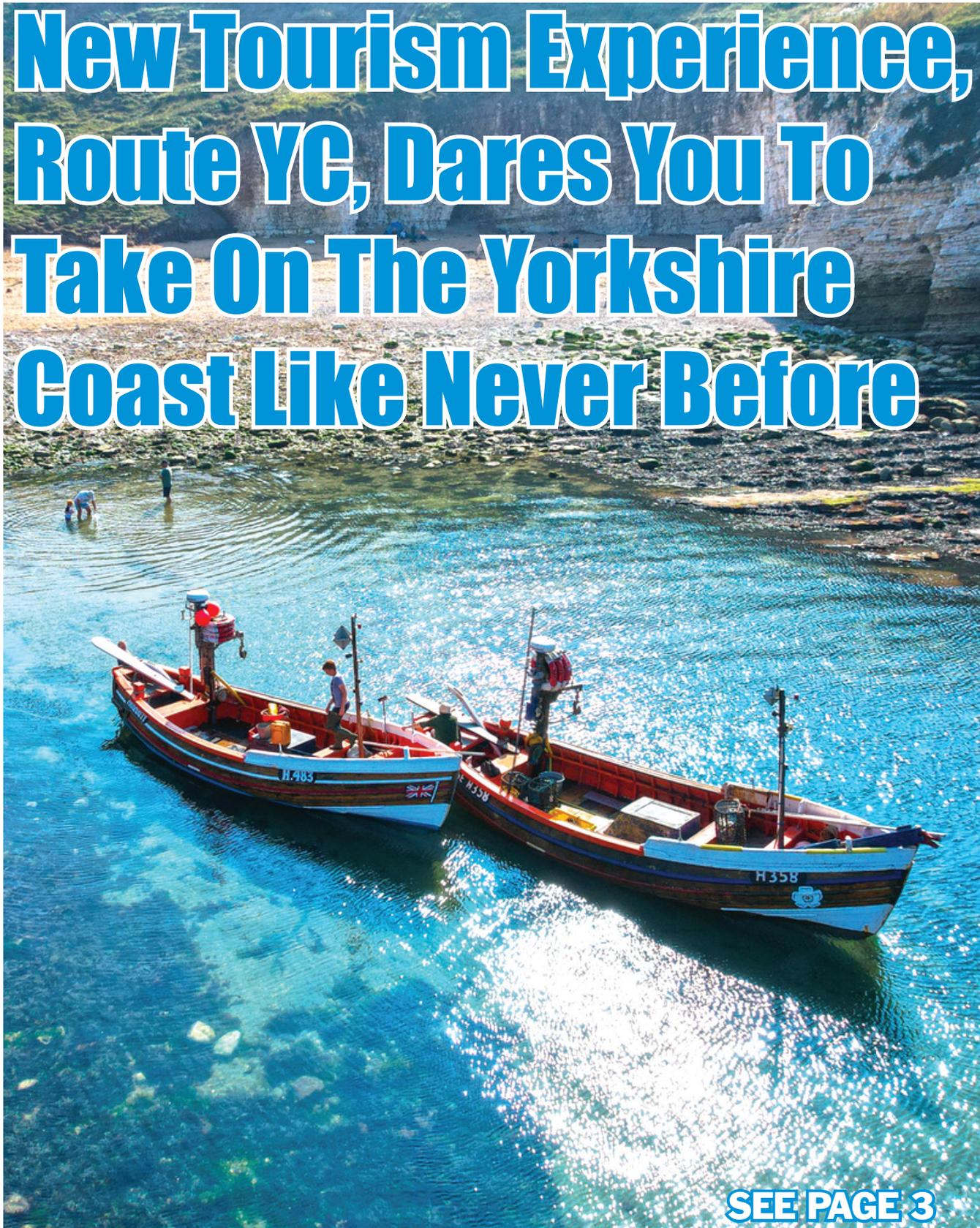
Yorkshire Reporter[®]

APRIL 2022

YORK & HARROGATE DISTRICT

Your Local Monthly Newspaper

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Route YC, Dares You To
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Welcome to the Yorkshire Reporter

Welcome to the Yorkshire Reporter in your area!

Inside, you will find local news and stories relevant to you and your community, along with a wide range of interesting regular columns and features. From gardening to music and entertainment, health to motors – combined with our monthly double page feature there is something for everyone.

As a family-owned business, we pride ourselves on supporting local community groups and businesses. With our team, you can be certain of a personal and professional service, so if you have something going on in your community that you want to shout about, or are thinking of advertising with us, please get in touch via email newsdesk.north@yorkshirereporter.co.uk

Linzi, Editor

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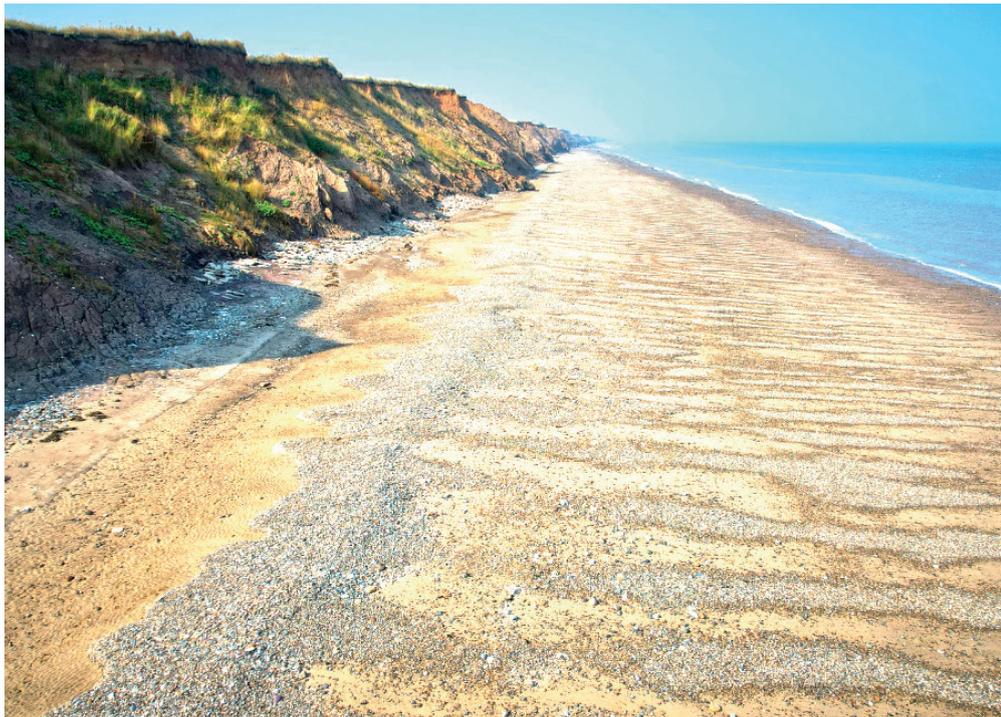
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New Tourism Experience, Route YC, Dares You To Take On The Yorkshire Coast Like Never Before



Think you know the Yorkshire Coast? Think again. Route YC, a new collection of six, adventurous visitor routes, have been unveiled to encourage more tourists to the region and inspire a different kind of trip. The routes enable visitors to experience the real, unfiltered Yorkshire Coast and unearth some of the best off-the-beaten-track sights and areas.

Route YC gives thrill seekers the chance to build personalised itineraries and scope out obscure places to visit along Yorkshire's vast stretch of breathtaking coastline. Intrepid travellers can specify what they'd like to see and do and the type of experience they want from one of the six defined routes. Or they can choose from the suggested itineraries for three-, five-, and seven-day breaks, with the Route YC website linking visitors directly to local hotels, restaurants and attractions.

Whether it's an alternative adventure, a quirky couple's retreat or an action-packed trek with a four-legged friend, Route YC inspires people to encounter the coast in their own way, with walking, hiking and cycling tracks mapped out on the six routes.

The Yorkshire Coast offers a whole host of awe-inspiring scenery with towering cliffs, sandy beaches and mystical forests and a treasure trove of culinary delights with world famous fish and chips and some of the freshest seafood around, a little known fact that Yorkshire's very own Bridlington is the lobster capital of Europe!

From Staithes's cosy coves rich in smuggling tales, to the utterly wild wildlife safari at Spurn Point, and everywhere in between, Route YC takes you on an unforgettable journey where no two visits are ever the same. Better still, all this wonder and exploration comes with a famous Yorkshire welcome as well, with hundreds of businesses signed up to make your stay truly unforgettable.

Some of the businesses who form an integral part of the new Route YC have commented on its creation:

Kerry & David Woodhead, owners of Pinewood Park: "We're so happy to be part of Route YC here at Pinewood Park. We're a little bit quirky, we know we offer a unique experience and that's what Route YC is all about too. As residents on the Yorkshire Coast, we know all the lesser-known spots – we obviously share this with our customers (that's why they keep coming back to us). But it's hard for people who don't know the area to find all this out. Not everyone wants the glossy brochure experience – they want to know what it's really like – where's the best pies, picnic spot or walk for the kids, that type of thing. I think Route YC offers something for the more adventure seeking tourist – the kind of people who love coming to Pinewood Park."

Tori Gower, manager of Scarborough Surf School: "It's fabulous to be part of Route YC. It's a brilliant opportunity to show off everything the Yorkshire Coast has to offer.

"Most people don't really know that Scarborough is a wonderful place for surfing and might have never even heard of coasteering, so we're excited to be a part of showcasing this unique coastline. We really want to encourage people to delve deeper and stay for longer on the Yorkshire Coast because it's a fantastic place full of excitement and adventure. We know that people will have an unforgettable trip and truly unique stay every time."

To find out more about Route YC, please visit: www.RouteYC.co.uk. The site is designed to make it easy for visitors to plan their trip with access to services and attractions available to book direct online.

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Make Your Vote Count In May To Elect New Councillors

North Yorkshire residents are urged to make their vote count in forthcoming elections for county councillors who will shape services affecting everyone across the county.

On Thursday, 5 May, residents will be able to vote for the person they want to represent them among the 90 councillors who will be elected to 89 new divisions.

The councillors will serve the final year of the county council and will then be the voice of the people for the first four years of the new single council. They will shape what public services will look like ahead of the new North Yorkshire Council's first day on 1 April 2023, making decisions that affect everyone living and working in North Yorkshire.

Richard Flinton, returning officer and chief executive of North Yorkshire County Council, said: "If safe communities and thriving business matter to you, or services like schools, social care, housing,

planning, roads, waste management and leisure, then it is really important that you take part in these elections. The people elected will determine the vision and values of the new North Yorkshire Council from the beginning."

In July 2021, the Government announced that a new single council would be created to deliver all services across North Yorkshire on the footprint of the current county council. Confirmation that the county council elections will take place on 5 May follows Parliament's approval of the Structural Changes Order, the legal process necessary for the formation of a single council to replace the eight current authorities.

District and borough councils will remain until 1 April, 2023, and the councillors serving on those councils will continue in their roles until that date.

Mr Flinton added: "I thank the electoral service teams from all districts within the county who are working hard to plan the practical arrangements, particularly the efforts going into making sure covid-safe contingencies are considered to keep colleagues and voters safe. This collaboration is nothing new, but as chief returning officer I'm extremely grateful for the elections managers and officers who are committed to the safe and legal delivery of these crucial elections."

The Structural Changes Order also enables parish elections to be held on the same day as the county elections, which for some is earlier than previously expected, so that all local elections can be aligned in the county.

To vote in the county council elections on 5 May, you must be on the electoral register by Thursday 14 April 2022. If you will be 18 or over on polling day, make sure you are registered to vote at www.gov.uk/register-to-vote. You can get help with electoral registration by contacting your borough or district council. They can tell you if you are on the electoral register, or if you have registered for a postal or proxy vote.

People living in North Yorkshire who are on the electoral register will have received a polling card or letter during the last two weeks of March.

If you know that you will not be able to get to the polling station on 5 May, you can apply to vote by post or proxy. You need to contact your borough or district council to apply for a postal vote. You will need to complete and return your application by 5pm on Tuesday 19 April.

A proxy vote is when you apply for someone you trust to vote for you, but they must be eligible to vote in the election themselves. If you apply for a proxy vote, the person voting on your behalf can go to the polling station to cast your vote or can apply to vote for you by post. You need to contact your borough or district council to apply for a proxy vote. You will need to complete and return your application by Tuesday 26 April.

You can see the new electoral divisions and find out more about the May county council elections, including how to register for a postal or proxy vote, at www.northyorks.gov.uk/elections

Find out more about becoming a candidate at: www.northyorks.gov.uk/candidates

New Low Carbon Strategy Adopted

A new Low Carbon Strategy has been adopted by Selby District Council, setting out the steps it will take to achieve carbon neutrality.

For the first time, the strategy sets out the organisation's ambition to achieve carbon neutrality before 2050, but with an aspiration to achieve this by 2030. This work is set against the backdrop of local government reorganisation in North Yorkshire which will see a new unitary authority in the district from April 2023.

Selby District Council's Director of Economic Regeneration and Place, Dave Caulfield commented: "This strategy is twofold – it sets out our own low carbon ambitions for the next 12 months but also allows us to show leadership by addressing the impacts of climate change.

"As a council we need to help our businesses and residents work towards becoming carbon neutral and we're starting this by looking at our own impact on the environment."

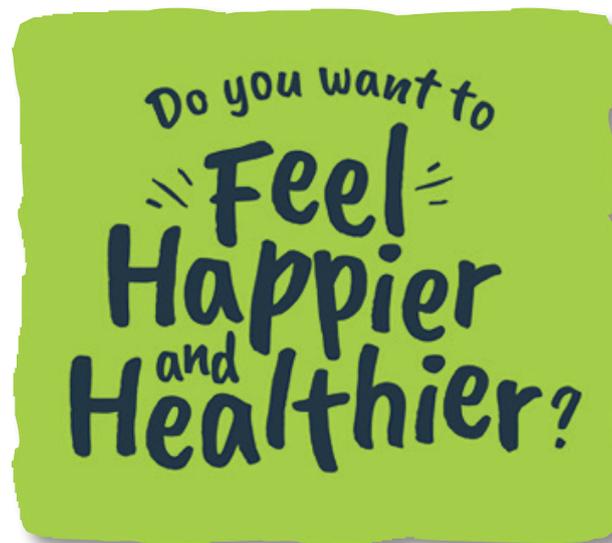
Detailed work has taken place to assess the Council's own carbon footprint with the Association of Public Service Excellence (APSE) commissioned to calculate this figure. The council's total estimated carbon footprint for 2018-2019 is 2,592 tonnes and is broken down into gas, vehicles, water, waste, travel, electricity and heat. The Council will offset its emissions from 2018 to 2023 through an offsetting scheme.

The strategy has identified six workstreams to help the council become carbon neutral – carbon monitoring, travel, council buildings and energy use, working practices, natural environment and biodiversity and influencing others.

The council works with the York and North Yorkshire Local Enterprise Partnership to support their carbon neutral and circular economy work and is a member of the White Rose Forest Partnership, which is working to encourage tree planting across the North and East Yorkshire region. The Council is also piloting air-source heat pumps in council properties and making energy efficiency improvements to council housing including improved insulation, windows and doors. The council is also working to improve the electric vehicle charging infrastructure by adding new charging points in council car parks.

Take a look at the strategy here: www.selby.gov.uk/what-were-doing

How You Can Get More Active And Travel Sustainably



As the weather improves there are a range of small changes we can make to get more active and travel sustainably.

City of York Council's iTravel team are encouraging residents to make a small change this springtime to incorporate more active and sustainable travel into their everyday, as the days get brighter and warmer.

The council's iTravel and Road Safety teams offer a wide range of resources and support for residents and employers seeking to increase active travel in their family or their workplace. From creating travel plans, to urban cycle skills and cycle maps the wide offering supports residents with a range of abilities and experience, to incorporate more active and sustainable travel into their everyday. Residents can contact iTravel or visit the iTravel website for more information at www.itravelyork.info.

The council's Health Trainers team also offer support and advice for residents who wish to find more ways to be more active. Appointments can be booked online at www.york.gov.uk for residents of York who want to make a health or lifestyle change.

In addition, support for those rebuilding mobility and fitness following restrictions and lockdowns in recent years, is still available on the Live Well York Website, www.livewellyork.co.uk as part of the #WhatsMyNextStep campaign. Health and activity experts from York and North Yorkshire put together a range of videos and advice to help improve muscle tone, build core strength, and improve balance.

Cllr Andy D'Agorne Deputy Leader and Executive Member for Transport said;

Travelling actively is a great way to incorporate exercise into our daily routines, whether its walking to the shop every now and then or cycling to work regularly.

"As well as having benefits on our health and energy, it's also good for our local environment, making roads quieter, air cleaner and evidence also suggests it's great for our local economy too.

"For residents wanting to live a more active lifestyle who don't know where to start, or how to step it up a gear, the council is here to support with advice, resources and training."

A new active travel campaign from the council, has now launched with a video, hoping to inspire residents to travel actively. The campaign will promote a variety of behaviour change inspired messages, addressing both the barriers people experience and the motivations relating to active travel. The video features a local busker and local residents using a range of transport modes around the city.

With announcements earlier this year that the Department for Transport will locate its new Active Travel Unit in York and the council's commitment to invest £3.3million improving active travel connections across the city through its Active Travel Programme; the campaign hopes to raise the profile of active travel opportunities in York.



CITY OF
YORK
COUNCIL

Derelict Knaresborough High Street Properties Brought Back Into Use Thanks To Harrogate Borough Council Investment



A row of derelict properties on Knaresborough High Street have been brought back in to use thanks to Harrogate Borough Council.

The properties, running from 78 to 82a on the town's high street, had been unoccupied for years so the borough council agreed to invest around £1million so that they could be returned to use and no longer a blight on the town.

The borough council purchased the unique Grade II listed properties - that date back to the mid to late 18th century - at the end of 2019, which consist of three ground-floor retail units and four first floor residences. Work started the following year after planning permission and listed building consent was granted.

One of the properties, which was in better condition and didn't require renovating, is currently occupied by Knaresborough Exotic Rescue. The two remaining retail properties are being advertised for rent, while the residences are being marketed for sale with a long-term leasehold.

Councillor Graham Swift, Harrogate Borough Council's deputy leader and cabinet member for resources, enterprise and economic development, said: "These properties had been a blight on the high street in Knaresborough for several years. But after they were brought to our attention, we recognised

the potential they could have to provide both homes and business spaces, and took the necessary steps to purchase them.

"The properties have been truly transformed and I hope that this investment in Knaresborough acts as a catalyst for other property owners to carry out refurbishment works for the benefit of everyone."

Mrs Hassall, who lived at one of the renovated properties in 1949 wrote to Andrew Jones MP to share her thanks for the project, said: "I am so very pleased that 82a Knaresborough High Street has been renovated. I lived there when I first got married in June 1949. The ground floor was the Gill's butchers shop, my in-laws lived on the first floor and my new husband and I lived on the top floor.

"It was quite a bad state then, the kitchen roof looked like it could collapse at any moment. However, we decorated it and made it as nice as we could. It was wartime and we didn't have much money.

"It is good to see these properties being renovated."

This project follows the council's £500,000 investment at Conyngham Hall business centre in Knaresborough and £300,000 at Phoenix Business Park in Ripon. Both offer highly desirable modern and energy-efficient facilities for businesses considering a move to their first office or larger accommodation.

National Park Charity Welcomes New Director



■ Sue Osborne. Image © North York Moors National Park Trust

A charity that was established to help maximize efforts to protect the landscape, wildlife and heritage of the North York Moors has appointed a new executive Director.

Sue Osborne, who has spent the last nine years as Yorkshire and North East Director at the School for Social Entrepreneurs, brings a wealth of experience with her as she steps into the role at the North York Moors National Park Trust.

Over the last 20 years, Sue has helped early-stage organisations in the charity and social enterprise sector expand and realise their greater potential. A specialist in measuring social impact, she also helps organisations evaluate the outcomes of their work in different communities or environments. Sue said:

"I have a long-standing passion for nature and the environment and I'm excited to bring that to this role. I am greatly looking forward to leading the work of the Trust and helping drive it forward towards achieving its aims.

"There's such enthusiasm among the Trustees, both for the National Park as a place, with its breath-taking landscapes and biodiversity, and for the Trust itself to thrive and serve to protect all that is special here."

Sue is also keen to tackle the barriers that prevent many people from enjoying our natural landscapes, whether they be physical or societal.

"I was very fortunate to grow up with easy access to the great outdoors, but that's not the same for everybody. People need to be able to recognise themselves in our National Parks and its paramount these spaces feel welcoming to everybody.

"We know the role that National Parks play in health and wellbeing, we've seen that during the pandemic, and if we are to address the health challenges of the nation we must be explicit in our commitment to provide access to all."

Tom Hind, Chair of the Trust and Chief Executive of National Park Authority, said: "We are delighted that Sue has joined the charity, bringing with her such a vast range of skills and experience from her previous work in this sector.

"The National Park Trust has an important role to play in levering partnerships and funding to enable the North York Moors to tackle key challenges such as climate change and biodiversity loss whilst also promoting our cultural heritage and the arts. We know Sue sees great potential in what can be achieved and we're excited as to where she can take us."

Support Stepped Up For Pubs And Clubs To Help Keep People Safe

As people return to socialising in pubs and clubs across North Yorkshire, work is being stepped up to support licensees and businesses to keep their customers safe as well as enjoying themselves.

Keeping people safe on their night out is currently a national policing and public health priority.

North Yorkshire's Public Health team is therefore working with North Yorkshire Police to increase keep-safe training and messaging across the county's night-time economy.

Licensees and businesses have the opportunity take part in training about how to identify when someone is vulnerable while on a night out and how to intervene to give the right support.

Welfare and Vulnerability Engagement Training (WAVE) is being offered by the North Yorkshire Police to venues that wish to ensure their staff are trained and empowered to assist at the right time customers in trouble by excessive alcohol consumption and the use of other drugs.

The training shows how situations can develop and how effective observation and intervention can change outcomes for the better.

Alongside the WAVE training venues are being encouraged to adopt the Ask for Angela scheme. This scheme enables customers who feel unsafe, vulnerable or threatened to seek discreet help by approaching staff in the venue and asking for "Angela".

North Yorkshire's public health team is also stepping up its efforts with partners to develop a social media messaging campaign designed to help people enjoy their night out and reduce harms associated with drugs and alcohol.

North Yorkshire's drugs and alcohol recovery service, North Yorkshire Horizons, has liaised with other local authorities, such as Leeds City Council, to establish best practice in harm reduction messaging and will be working with public health and North Yorkshire Police to get these messages out.

"It is good to see people back out enjoying themselves after the lockdowns", said Cllr Andrew Lee, North Yorkshire's Executive Member for Public Health.

"North Yorkshire Police licensing and neighbourhood policing officers have done a great deal of awareness training with licensees and in backing national campaigns such as Ask for Angela, and Op Night, which is developing protocols around spiking incidents.

"But as the night time economy gets in full swing, we in public health are now taking steps to actively encourage all licensees and businesses to participate in WAVE training and promote campaigns such as Ask for Angela to help keep their customers safe."

Chief Inspector Dave Barf of the North Yorkshire Police Partnership Hub said: "I am very proud of the work which the licensing team here at North Yorkshire Police has been doing throughout the pandemic and never more so than now as we begin to see a welcome recovery and return to trade.

"Working with our partners in the local authority can only serve further to ensure and enhance the safety of those working in, and enjoying, the night time economy."

Following the publication of the National Drugs Strategy, North Yorkshire's public health team is leading a local drugs strategy in conjunction with partners, with a view to influencing a national White Paper promised later this year on substance misuse and the night-time economy.



North Yorkshire Partnerships
Working together

“THE FOOD FEST OF THE NORTH”

MALTON FOOD LOVERS FESTIVAL RETURNS WITH TWO EVENTS



Fondly known as “Yorkshire’s Foodie Glastonbury,” the Malton Food Lovers Festival is one of the UK’s biggest free food and drink events. The much-loved food and drink celebration will be returning not once, but twice this year backed by popular demand.

Set across the quaint streets of Malton, known as Yorkshire’s Food Capital, the flavoursome feast will welcome visitors from across the country to celebrate the finest produce from Yorkshire and beyond. And this year there will be double the servings, as the Malton Food Lovers Festival will be sandwiching the summer with two events: first in the spring, across the Queen’s Platinum Jubilee Bank Holiday weekend (Friday 3rd - Sunday 5th June 2022), and again across the August Bank Holiday weekend (Saturday 27th - Monday 29th August 2022).

The 2021 event was the first three-day Food Lovers Festival since its inception over a decade ago. Thanks to overwhelming public support and engagement, both 2022 events will take place over three days.

Home to artisan producers and award-winning independent businesses, visitors to the Malton Food Lovers Festivals this year can expect a huge array of unique stalls with tasty treats and gorgeous gifts, celebrity chef talks and demonstrations, live music and fun for all the family in these six days of foodie heaven.

Benoit Blin, Master Pâtissier and judge from Channel 4’s Bake Off: The Professionals, who headlined the Main Stage of last year’s festival, commented: “Malton is a lovely place to be. It’s so nice to see people being able to come out and enjoy some street food and the atmosphere once again. I’m sure I’ll be back; it’s a fantastic place!”

Tom Naylor-Leyland, Director of Visit Malton, says: “The Malton Food Lovers Festival is back and bigger than ever. 2021 was the first time that we extended the festival to a three-day event, and I’m pleased to report that it was a roaring success, with just under 50,000 culinary fans flocking to our streets across the weekend!”

“Yorkshire’s producers and chefs have so much to offer, and we



are thrilled that there’s such a hunger to discover new and exciting local produce here in Yorkshire’s Food Capital - we can’t wait to serve up two jam-packed gourmet celebrations in the heart of Malton this year.”

The Food Lovers Festival is free to attend, and a Park and Ride is available at each entrance to Malton from the A64, with a free shuttle bus service to the event. Malton is also accessible via public transport with frequent train services to the town from York and Scarborough and Malton is on the award winning Coastliner bus route.

Stallholders can now register their interest in attending the Malton Food Lovers Festival on the Visit Malton website, at www.visitmalton.com/stall-applications.

To find out more about the Malton Food Lovers Festival 2022, please visit www.visitmalton.com.

Enjoy York Museum Gardens For Longer

You’ll now be able to enjoy York Museum Gardens for even longer, every day.

We’re all looking forward to beautiful spring and summer mornings and think there’s no better place to enjoy them than York Museum Gardens. So, York Museum are opening up their main gardens from 9am until 6pm, daily.

That’s more time to admire the flowers, enjoy time in nature with friends, and marvel at St Mary’s Abbey and its important part in York’s history.

They can’t wait to be able to welcome more people into their peaceful part of the city, because it’s hugely beneficial to health and wellbeing. During the coronavirus pandemic, York Museum Gardens were proud to safely open to the public during the majority of national and local lockdowns to support the physical and mental health of local communities.

Steve Williams, York Museum Gardens Manager, said; “The whole team is thrilled to be able to open so that our community and visitors to the city can benefit from the tranquillity of our beautiful historic garden earlier in the morning. We realise just how important green spaces are for everyone’s wellbeing and the greater opportunity this provides to people to spend time in our Garden, and in providing access to and from the city centre”.

Access to York Museum Gardens is free for everyone and they welcome around 1.3 million people a year. However, longer opening hours do add extra financial pressure to York Museums Trust. As a charity, every donation helps to ensure they can keep caring for the registered historic gardens and safeguard them for generations to come.

Newby Hall Plants Oak Avenue To Celebrate The Queen’s Jubilee



■ Pupils Megan Charlton and Andy Konaszewicz, with Lord Lieutenant of North Yorkshire Jo Ropner and The Reverend Canon John Dobson, Dean of Ripon Cathedral

A new avenue of locally sourced English oak trees has been planted at Newby Hall, Ripon as part of the Queen’s Green Canopy initiative to mark Her Majesty’s Platinum Jubilee.

The Queen’s Green Canopy invites people from across the UK to “Plant a Tree for the Jubilee”.

Gardeners at Newby Hall have planted an avenue of 34 oak trees which were blessed by The Reverend Canon John Dobson, Dean of Ripon Cathedral, as the Lord Lieutenant of North Yorkshire Jo Ropner, assisted by six pupils from nearby Skelton Newby Hall CE Primary School, planted the final tree.

The children will help maintain the trees over the coming years.

The avenue of trees, South of Newby’s main gates and on a popular walking route for locals, replace lime trees which had reached the end of their life. The newly planted walk will be known as the Jubilee Avenue and will provide a backdrop for a bench which will be supplied by the local parish council.

Newby Hall is one of the UK’s finest Adam houses. It remains in private ownership and is the family home of Mr and Mrs Richard Compton.

Richard Compton said: “We are delighted to play our part in enhancing our environment by planting this wonderful avenue of oaks which will not only benefit future generations but creates a legacy in celebration of Her Majesty’s 70 years of service and leadership of our great nation.”

Newby Hall is now open to the public for the new season.

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UK's Biggest Renewable Power Station Reopens For Educational Tours

The UK's biggest renewable power generator, Drax Group, is inviting schools and colleges back to its eponymous power station for the first time since the country went into lockdown due to Covid-19.

Prior to the pandemic, Drax Power Station near Selby in North Yorkshire, welcomed more than 12,000 visitors every year, many of whom were students, visiting as part of the renewable energy company's initiatives to encourage young people to study STEM (Science, Technology, Engineering and Maths) subjects, boosting skills across the region.

In line with lockdown rules, Drax suspended its public tours

in March 2020 to protect its key workers, who worked around the clock throughout the pandemic to ensure the country had the renewable electricity it needed. Drax produces 12% of the UK's renewable electricity - more than any other generator.

Wyke Sixth Form College in Hull was one of the first schools to visit the power station since it reopened, taking part in a tour which supported the work the students are doing to understand how renewable electricity is generated.

Plant Director Bruce Heppenstall said: "We work closely with schools in our communities to inspire the next generation to study STEM subjects, and we're pleased to be able to offer tours of the

power station again after being closed to the public for so long.

"These tours are so important - they fire up students' imaginations by showing them some of the cutting-edge green technologies we're pioneering, such as BECCS which could play a vital role in addressing the climate crisis as well as delivering jobs and clean growth here in the North."

The group of 20 students aged between 16 and 19, were taken on a full tour of the site, which included seeing Drax's Bioenergy with Carbon Capture and Storage (BECCS) pilot project. BECCS is a vital negative emissions technology which Drax plans to use to permanently remove millions of tonnes of carbon dioxide from the atmosphere every year, whilst also generating the reliable, renewable electricity the country needs.

BECCS at Drax would support over 10,000 jobs at its peak, and it is vital that the region's workforce has the skills needed to deliver this green energy technology, enabling the UK to meet its net zero target.

Sophie Thompson, Head of Science at Wyke Sixth Form College, said: "The students had a great day at Drax, learning about how the electricity system works and where our electricity is generated. Visits like this are so valuable because seeing the power station and the scale of the operations is impossible to replicate in a classroom - it really brings the subject to life."

During the tour, pupils learnt how renewable electricity is generated and discovered how sustainable wood pellets have enabled Drax to reduce its carbon emissions by 95% in a decade, making it Europe's biggest decarbonisation project.

They saw the 427-metre turbine hall that houses the huge turbines which power the generators to produce electricity, as well as the wood pellet storage domes - each large enough to fit The Royal Albert Hall inside, and the 115m high cooling towers, which are taller than the Statue of Liberty.

Tours are free to all primary and secondary schools and can be tailored to suit the area of the curriculum teachers are interested in.

Schools interested in organising a tour, should contact drax.tours@drax.com.

York Energy Grant For Homes To Improve Efficiency

Following a recent Decision Session for the Executive Member for Housing and Safer Neighbourhoods, York homes will benefit from funding to improve energy efficiency measures.

York homes will receive a share of £840,000 in grants to improve levels of insulation and to support home owners who are not connected to the mains gas network to benefit from much needed energy efficiency measures.

Plans to accept the £343,000 from the Government's Social Housing Decarbonisation Fund (SHDF), together with a share of a £497,000 funding from the Government's Home Upgrade Grant (HUG) to York, Selby, Harrogate and Craven councils, were approved at a Decision Session for the Executive Member for Housing and Safer Neighbourhoods.

The council will contribute a further £250,000 from its own Housing Revenue Account to the SHDF grant to improve the levels of insulation in 28 council homes.

Homes in Acomb and Tang Hall have already been identified for the insulation works. A combination of underfloor and external wall insulation will be used to help keep the warmth within the homes, making them much more affordable to heat. This will help to tackle fuel poverty at a time of rising energy costs.

The additional funding under the Home Upgrade Grant (HUG) programme will provide further opportunities to support low-income private householders with upgrades to the worst-performing, off-gas-grid homes within the regional consortia of councils. As a minimum, Energy Performance Certificate (EPC) band F-G homes should be upgraded to D or above and band D-E homes to C.

These upgrades will create warmer homes at lower running costs and will support low-income families with the switch to low-carbon heating, contributing to both reducing fuel poverty and carbon emissions.

The successful grant application submission of £497,000 will help 35 private households to receive a mix of over 40 measures including loft insulation, Air Source Heat Pumps (ASHP) and Solar Photovoltaic (PV).

The council will undertake a procurement exercise to find a delivery partner for the retrofit work.

TIER Mobility Partners With Zipabout To Bring Sustainable 'Last Mile' Journey Options To Millions Of People In London And York

TIER, the UK's largest micro-mobility company, has partnered with the UK's leading personalised journey information provider, Zipabout, bringing its 'last mile' journey option to millions of people in London and York.

The partnership means that anyone opted in to receive journey information from Zipabout's rail clients, including National Rail Enquiries, c2c, EMR and LNER, can now be directed to TIER e-scooters and e-bikes for the final leg of their journey - giving them a convenient, sustainable option for the so-called 'last mile' of a trip.

The partnership will see TIER integrated into the wider London and York public transport networks on the app, with e-scooters and e-bikes appearing alongside other transport modes such as bus, taxi and walking routes. As an added incentive to select a sustainable mode of last mile transport through TIER, passengers arriving at relevant stations will also receive a voucher offering them 25% off their first five TIER e-scooter and e-bike journeys.

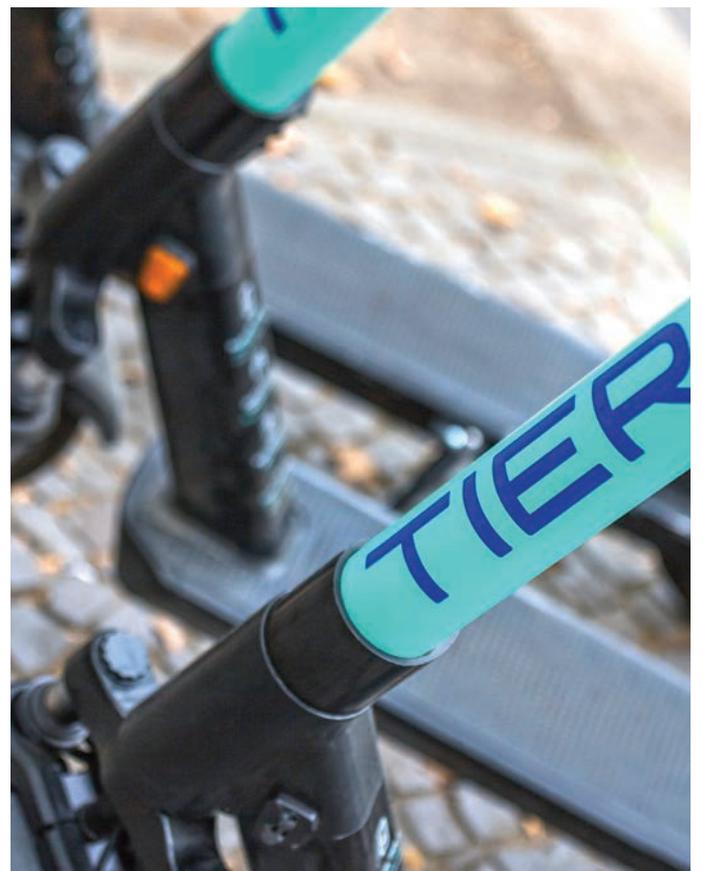
The integration will further support TIER's ambition to cut carbon emissions in cities by encouraging sustainable transport choices and reducing reliance on cars. TIER is the UK's largest micro-mobility operator and is active in more than 180 cities around the world including London, Paris, and Berlin. Zipabout shares its mission to encourage sustainable travel, and its global-leading work integrating micro-mobility options into the public transport network will help improve air quality in cities.

Georgia Yexley, TIER's General Manager of UK & Ireland said: "We want to give as many people as possible the choice of environmentally friendly transport when moving around London and York; this partnership will do just that in offering sustainable last mile travel.

"Even the smallest changes to travel habits can make a significant impact - integrating e-scooters into journey planning services, alongside our voucher incentive, will encourage the behavioural change we need towards sustainable travel. By replacing more short car journeys with TIER's carbon neutral e-scooters and e-bikes, both London and York will benefit from reduced inner-city

congestion and improved air quality, helping to create healthier, greener communities and reach Net Zero goals."

Alex Froom, Zipabout's CEO, said: "We see this partnership as an incredibly important step to getting people back on public transport after the pressures of the last two years. We're putting real-time journey information at their fingertips which will help them travel with confidence and make the sustainable last mile choice.





Six Figure R&D Claim Boosts Employment For York Portacabin Firm

Bosses at a York business that has employed two new staff members with money it received through a Government-backed business incentive to boost the economy, are hoping to spread the word about the scheme so that other businesses can benefit.

Richard Wilsdon, director at Britcab, received almost £68,000 as a cash boost this year alone (and similar figures in the three years previous) for his family business after the financial experts at RDS (Research and Development Specialists Ltd), identified his firm was eligible to claim during a quick, fifteen-minute telephone conversation. The funds have enabled him to employ two new staff members and invest in several research projects to address sector challenges and further grow his business.

Here Richard explains more about the process and how it has helped his company:

“We were unaware of the initiative until RDS explained it to us,” begins Richard, who was introduced to Mark Joyner, managing director at RDS through a mutual business acquaintance.

“We were suspicious to start with as, being a smaller family-owned business, it’s not something we had ever heard of or been aware of. But RDS were extremely professional and within fifteen minutes they had a grasp of our business and an idea of what we could potentially claim for.

“That was three years ago and with the help of RDS, we have now had a number of successful claims over consecutive years.

“Honestly, we were surprised at the types of activities that made us eligible, we had been working on new prototype units and working at height systems, which both qualified for R&D tax credits. It has been a learning curve for us that has brought back a substantial chunk of money.”

The HMRC tax incentive is available to any company no matter the size. It rewards those undertaking original research and development with tax credits that can either be deducted from corporation tax or if a claim is historical, claimed back as a repayment of overpaid corporation tax. The aim of the Government scheme is to stimulate innovation and boost the economy.

Britcab has reinvested the funds it has received through R&D into further initiatives and additional employees across its depots, Richard continues:

“With the claims we’ve received over the last couple of years, we have fundamentally changed the way we approach certain aspects of our business. We now always have a new product, initiative

or idea under investigation as we have the security of knowing that we’re not wasting resources and that we will be supported financially.

“It has changed everything really; it gives us the security to investigate avenues and ideas that we would previously have been apprehensive to spend the time and money on.

“The pandemic and large raw material price increases have meant a perfect storm that we have had to navigate in the last 18 months. The incentive has helped us with new product lines, for example our Medcab Unit was designed once the pandemic hit. We have also been able to trial new prototype units with different designs/external claddings as prices for Cedar, and more common materials have continued to rise.

“Looking forward, as we grow, we are now looking to design our own bespoke content management system for tracking portable cabins, enquiries and marketing and we believe RDS will be able to help us with a claim in this respect.

“All that aside, however, not only has the money we have received back been re-invested in more R&D projects, but we have also been able to take on two further employees (one of them an apprentice) as a direct result of the monies received from our claims.

Richard summarised: “I would highly recommend that any company look into whether they are eligible. It has been truly transformational for our business.”

Mark Joyner added: “This is R&D working at its best and demonstrates exactly what the scheme was set up to achieve. Not only has this company created several bespoke new products and prototype materials that could be invaluable to other businesses, but it also has generated the funds to employ two new staff members, one of which is an apprentice. It is directly influencing employment in the local area.

“There are so many companies out there like Richard’s that could be benefitting from cash influxes totalling tens of thousands. At RDS, we’re on a mission to spread the word and help as many businesses as possible to access those funds.”

For more information visit <https://randdspecialists.co.uk/> or call 0161 823 5281.

Cellhire Deploys eSIM Technology To Connect Journalists In Ukraine

York-based global connectivity provider and MVNO Cellhire is utilising its eSIM based mobile network, “eSIMsmart”, to provide mobile connectivity over-the-air to its news media customers - print/online, TV, radio and news agencies - in Ukraine.

“The eSIM based mobile connectivity is essential to ensuring individuals are contactable and have a communications lifeline,” says Martyn Stevens, Cellhire Group CEO. “Cellhire is supporting many companies, broadcasters and media journalists that are already on the ground or heading to Ukraine to report and broadcast on the situation.

“The invasion of Ukraine has created a crisis for companies with employees located there. Our eSIM solution is an essential lifeline in these crucial times, keeping users on the ground connected.

“Utilising our MVNO eSIMsmart, we are providing eSIM profiles instead of physical SIM cards meaning mobile connectivity is provisioned instantaneously over-the-air in Ukraine, avoiding the logistical distribution challenges faced delivering physical SIMs in-country.”

In addition to eSIM mobile connectivity, Cellhire is providing satellite phones to many customers travelling to Ukraine as an essential emergency backup. “Satellite phones are particularly beneficial in case of local mobile network outages, blackouts or potential cyber-security related incidents in Ukraine,” says Stevens.

Stevens adds, “Like many European mobile network operators, Cellhire has delivered several support packages across its partner networks to help customers in and outside of Ukraine.”

Cellhire (www.cellhire.info), is a leading global telecoms provider of mobile communications, M2M and IoT services and data connectivity to enterprise clients and indirect partners worldwide.

Established in 1987, the Group serves EMEA, Americas and APAC with offices in the UK, USA, France, Germany and Japan. Partnering with mobile network operators globally, Cellhire provides access to mobile connectivity at market-leading commercial rates to companies worldwide.

The company is committed to delivering the highest standards of customer service which is underlined by its continued attainment of ISO 9001:2015, the internationally recognised quality standard. Cellhire is Investors in People (IIP) certified and won the highly coveted Queen’s Award for International Enterprise, as a result of its success as a specialist in the delivery of mobile communication solutions for events around the world.

Since 2019, Cellhire has attained ISO 27001, the internationally recognised Information Security Management System Standard (ISMS), due to the implementation of information security management systems and best practices regarding information security.

Ellers Farm Distillery Hits A New Sustainability Milestone By Joining The Climate Pledge

Ellers Farm Distillery, located in North Yorkshire, has announced it has joined over 300 organisations in signing The Climate Pledge, as part of its ambitious goals to balance people, planet and profit from day one.

The Climate Pledge is a commitment to achieve net-zero carbon emissions by 2040. The Climate Pledge was co-founded by Amazon and Global Optimism in 2019.

By signing the Pledge, Ellers Farm Distillery is committing to measuring and reporting greenhouse gas emissions on a regular basis as well as implementing decarbonisation strategies and neutralising any remaining emissions with additional, quantifiable, real, permanent, and socially beneficial offsets to achieve net-zero annual carbon emissions.

The commitment comes in line with the distillery’s ambitions to achieve B Corp certification by the end of 2022, with a vision of driving sustainability within the drinks industry.

On the journey to do so, the business has already secured Pending B Corp® status, which means Ellers Farm Distillery has one year to become a Certified B Corp and join the 500+ other UK companies verified to meet high standards of social and environmental performance, transparency, and accountability.

Speaking of their continued sustainability efforts, one of the business’ first hires, Tabatha Hurst, Head of Sustainability, commented:

“We believe that business can absolutely be a force for good not only in our economies, but for people and the planet too.

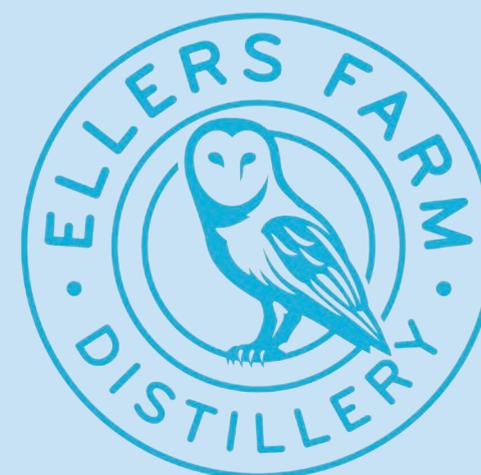
“We’re committed to reaching net zero carbon emissions by 2040 at the latest. That’s why we’re proud to join The Climate Pledge and the 300 like-minded companies to work together to combat the climate crisis. It’s only through collective action that we’ll be able to tackle the challenges of decarbonisation.”

Likewise, Ellers Farm Distillery has recently announced the launch of its first product, Dutch Barn Orchard Vodka, which comes in a unique brown glass bottle that was chosen with quality and environmental impact in mind. Brown glass has been proven to better protect the vodka, ensuring it tastes the same as the day it was made. In addition, the brown glass used to make bottles of Dutch Barn Orchard Vodka contains over 60% recycled content, substantially more than standard clear bottles.

The distillery has already committed to being carbon neutral from day one, with the understanding that taking positive action against climate change is rapidly becoming an essential requirement for businesses of all sizes to thrive.

Ellers Farm have also joined hundreds of UK businesses by committing to the SME Climate Commitment, committing to cut carbon emissions in half before 2030 and achieve net-zero emissions before 2050.

More information on the Ellers Farm team can be found here: www.ellersfarmdistillery.com/about.



Quarter Of Homeowners In Yorkshire And The Humber Are Unaware Of This Consumer Protection Law Which Could Save Them Thousands

More than a quarter (29%) of homeowners in Yorkshire and the Humber have never heard of the consumer protection law, Section 75, while almost half (46%) of those who have are unsure what it is, according to new research from RISA.

Section 75, which is part of the Consumer Credit Act, enables UK consumers to make a claim against their credit card provider to get a refund for a purchase, either a product or service, which didn't meet requirements.

With so many people in the region being uneducated on the consumer protection law, it's no surprise that almost nine in 10 (87%) have never made a claim against Section 75.

The new research from RISA, the independent inspection body, reveals that UK homeowners lost out on over £2.4 billion in 2021, after two fifths (45%) said if they had known what Section 75 was, they could have reclaimed against it last year. More locally, 44% of homeowners in the region believe they could have reclaimed against Section 75 in 2021 if they had known what it was.

"It's concerning to see that so many homeowners in the region are unaware of this law and its benefits – especially given it can save people so much money! From being able to get a refund for a product that never arrives, to getting support with home improvement works that have gone wrong, Section 75 is a safety net for consumers that ensures they aren't out of pocket for a business's mistake," comments Lee Galley, RISA Assessor Manager.

In a bid to support the nation with claiming against Section 75 RISA, which helps UK homeowners with their claims through inspecting window and door replacements, has created a template claim letter which UK consumers can populate and send to their credit providers to make a claim against Section 75.

The nationwide survey reveals that homeowners who have made a Section 75 claim, just one in four (26%) have claimed to cover the cost of building works which didn't meet requirements.

The new research from RISA found that, of those who have claimed because a home improvement didn't go to plan, the average amount claimed was just over £2,600.

"As a nation, we're set to spend over £40 billion on home improvements this year, whether that be upgrading kitchens and bathrooms or replacing windows and doors. With this in mind, it's important that homeowners are in the know about Section 75 and how it can be used if a home improvement doesn't go to plan. From having windows installed that don't meet building regulations to a building firm going bust mid-project, the consumer protection law can really help to avoid homeowners having to face unnecessary financial strain," concludes Lee.

RISA's top tips to anyone considering making a claim against Section 75

- Make sure you've paid using a credit card (or certain credit schemes) as this is the only way you can make a claim against Section 75. Claims can be made for items or services purchased which cost between £100 and £30,000
- If you're looking to make a claim for a product, such as new windows, check the manufacturer's warranty first. If the product is still in warranty, you won't be able to make a claim
- Only purchases made directly through a supplier are covered by Section 75

Victims Of Crime Mistaken For Offenders Due To Huge Gaps In Language Support Across Criminal Justice System

Huge gaps in language support across the criminal justice system are leading to victims of crime, who speak English as a second or additional language (ESL), being wrongfully arrested when trying to get help from the police, according to the charity Victim Support.

A new report, Language barriers in the criminal justice system, carried out by Victim Support, the Institute for Crime & Justice Policy Research (ICPR), the Centre for Justice Innovation and funded by The Bell Foundation, found victims who speak ESL often struggled to communicate important information to law enforcement and were not given the language support they needed during crucial encounters with the criminal justice system.

In one example, an alleged perpetrator who spoke English as a first language was able to interrupt conversations between the victim and police, causing confusion, and resulting in the victim being mistakenly arrested for the crime she was trying to report. Victim Support say this is a particularly concerning experience, amongst the ESL victims it supports.

The right to free language support when reporting a crime or being interviewed by the police is stipulated in the Victim's Code of Practice – which sets out how victims should be treated during interactions with the criminal justice system. However, the research found this right is not always being upheld.

The organisations are calling for the Government to strengthen victims' rights to language support in the upcoming Victims' Bill, expected later this year.

The report, examines how language barriers impact victims, witnesses, defendants and detainees, as well as people in prison or on probation. It found that language services were patchy and not always offered, with staff lacking the training and resources to properly support ESL speakers. Amongst victims, this led to inaccurate statements being taken, deteriorating trust in the police and, in extreme cases, mistaken arrests.

While police officers were broadly aware of victims' rights to language support, time pressures and limited resources meant they were not always met, with some officers also worrying that offering support would offend the victim.

Decisions about whether to offer language services were often ad hoc, left largely to the judgement of individual officers, rather than being informed by clear procedures established and enforced by leadership.

Failings in language services was a particular concern for violent crimes affecting women, who may be experiencing domestic abuse, potentially even having their immigration status tied to a violent partner.

Analysis by Victim Support of 750 cases where the charity supported victims who spoke ESL found that:

- The majority involved women who had been victims of violent crime
- Female victims made up 71%, compared to 29% who were male
- Violence (with or without injury) was the most frequently experienced crime by victims who speak ESL, accounting for 60%

The report also found interpreters used by the police and prosecution were not necessarily specialised in the language of the criminal justice system, which is complex, laden with jargon and, at times impenetrable, even for members of the public who speak English as a first language.

The interpreters provided sometimes lacked the specialist language needed to facilitate full and nuanced communication between police and victims, which was a particular concern in domestic abuse, sexual violence and rape cases.

There was also a gap in cultural understanding, where some words, particularly those referring to domestic abuse and sexual violence, do not exist or are considered taboo in certain cultures and languages.

The organisations say it is crucial for police officers and those working on the frontline with victims, witnesses and offenders to be provided with interpreters who are trained in the workings and vocabulary of the criminal justice system.

As well as the problems faced by victims, the report found that ESL speakers across the spectrum, from witnesses to defendants and detainees were being denied access to services and support, including rehabilitative initiatives.

Trading Standards Body Urges Caution On Reintroduction Of Imperial Markings

The Chartered Trading Standards Institute (CTSI) has urged caution and no rushed decisions concerning the UK Government's announcement that it intends to study the economic impacts of reintroducing imperial markings.

CTSI called for a full consultation and impact assessment on this matter in September last year. It welcomed the opportunity to provide the necessary expert opinion from the trading standards profession for any study into the issue.

CTSI recognises the vital importance of getting consumer protection right, and the units we use to weigh and measure goods are a keystone element of the system.

There are several concerns about the reintroduction of imperial units among the trading standards profession, which regulates weights and measures. These include questions about trading standards service capacity to enforce new regulations due to the 50% budget cuts experienced over the past decade. There would also be demands for

new consumer education about the units, which have not been taught as primary units of measurement in school curriculums since 1974.

CTSI Chief Executive, John Herriman, said: "While we recognise the UK Government's desire to identify opportunities afforded by the exit from the EU and also the importance of business and consumer choice, it is important that we look at the realities of implementation, enforcement, and their impact on consumers, business and the economy as a whole. This is why CTSI called for a consultation last September, and why we welcome the opportunity to inform the study.

"CTSI believes the proposal risks creating additional complexities for business and consumers, creating uncertainty in the economy which undermines the Government's goals for economic growth. Our considered view is that it is better to focus on ensuring stability in the marketplace for businesses and consumers than focus on the unit measures under which goods are sold. This would be a better route to supporting market growth rather than risk creating confusion and additional costs at multiple levels."



David Cartwright

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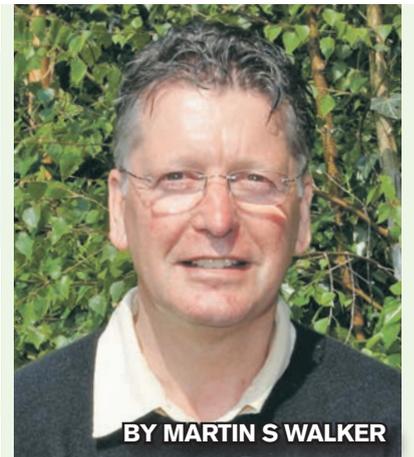
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GARDENING

The Bumble Bee And Butterfly Chase The Early Flowers, Whilst Gardeners Weed Amongst The Trees Avoiding April Showers



BY MARTIN S WALKER



■ Hydrangea's

What a difference a month makes, both light and temperatures are increasing although don't be caught out by the occasional frost. The seasons are generally the same each year, here in the North the chance of frost is still possible well into May, so protecting plants that have been started under glass is essential. There is little we can do about the new growth on trees, shrubs and other garden plants, some more susceptible than others. Last year we had a late frost which really nipped the hydrangeas and whilst they recovered it did set them back. Plants that are termed 'hardy' usually recover, but to help them along it is worth giving them a dressing of general fertiliser around the end of May. Most of the plants we buy or grow for summer bedding displays and indeed some vegetables are considered 'half hardy' which means they are quite happy growing outside providing there is no danger of frost, (usually after the end of May, in Yorkshire). These plants are grown from cuttings or seed in heated greenhouses and need to be hardened off before planting out.



■ Marigold seedlings

Growing half hardy plants from seed is fairly straight forward but you will need either a heated greenhouse or a large propagator ideally with grow lights. Windowsill propagators are quite good but once the seedlings start to emerge they need good light and often grow spindly if lighting is poor. Bear in mind that at some point the young seedlings will need potting on and more space (and light), so inevitably a greenhouse is the ideal solution. Heating a greenhouse even just to give frost protection can be expensive, and is usually only for the most dedicated. In any case lining the greenhouse with either fleece or bubble insulation can help protect plants. Most commercial growers are sowing summer bedding plants early in the year which means that if you plan to copy that the greenhouse will need heating from early February until early May. Buying plants as plugs means that you avoid the need for early heating normally delivered around the end of March therefore the need to heat your greenhouse to give frost protection is only necessary for around eight weeks, after which the heating can be turned off to acclimatise the plants before planting out in late May.

If you do not have a greenhouse or indeed do not have the time to pamper and pot on seedlings and young plants, or if you are just starting out, then plants for summer bedding displays can be purchased from Garden Centres and Nurseries and providing you do not buy them too early can be planted directly into the garden or in containers. Don't be tempted to buy before mid May as although they may seem quite robust they can still be damaged by late frost.



■ Begonia

For those who only want a small patch of flowers or just want to fill gaps in the borders of trees and shrubs then it is worth considering sowing hardy annuals directly into the soil where you want them to flower. A little care preparing the soil by forking and breaking down to a crumbly structure similar to that of bagged potting compost, sow thinly in rows, cover lightly and water in, hardy annuals will happily germinate and can be replanted taking care not to damage the roots. The reason for sowing them in a row rather than just sprinkling over an area is that you can recognise a row of seedlings more easily, especially if there are weed seedlings germinating too. Protection from slugs may be necessary, copper tape barriers, beer traps and wildlife friendly slug tablets are available and are fairly effective.



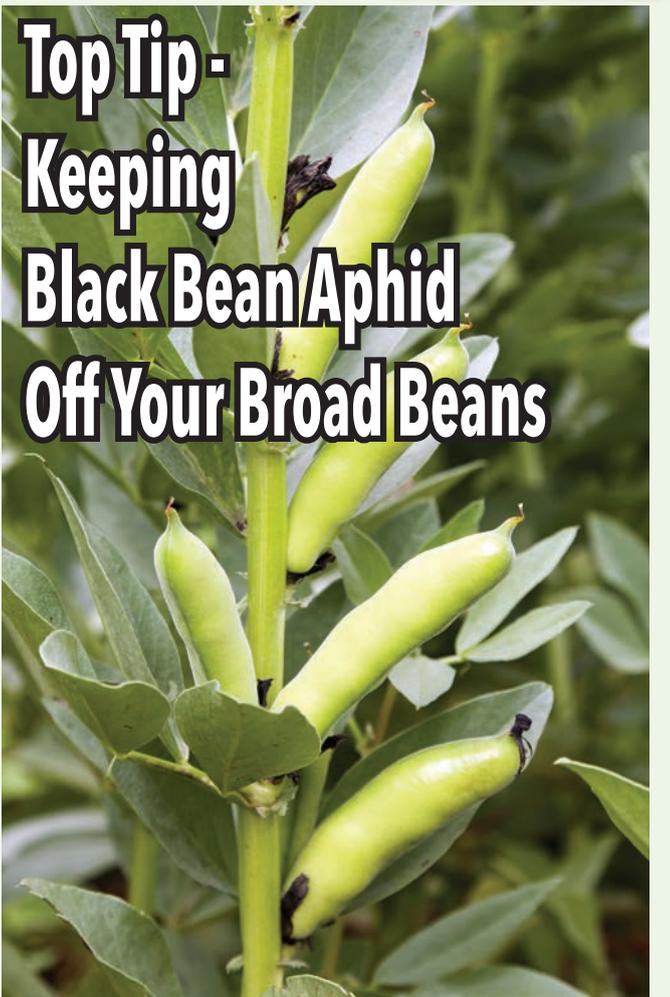
It's also a great time to repair the lawn by seeding bare patches, although it is a good time to be sowing seed, it's also a time when birds are feeding their young and, yes they do like freshly sown grass seed. What I do is mix a handful of grass seed with three handfuls of potting compost or if you have some grow-bags from last year's Tomato crop, crumble the compost into a bucket and use that. There is no need for fertiliser at this stage. A handful of seed will cover about a square metre (or sq yard) so it's fairly easy to work out how much you need. Place the seed and compost mix into an empty compost sack, mix thoroughly and place in a frost free place, garage, or greenhouse. Check the contents every few days and once you see the seed starting to germinate, usually a small root about 2 - 3mm (1/8th inch) then scratch the bare patch of lawn with a wire rake or fork, and sprinkle the seed/compost mix over the surface. Lightly rake in and water. The seed will root down quite quickly, and for some reason birds don't seem to bother pre-germinated seed.

Happy Gardening.

Martin

Next month, (tomatoes inside and out, time to prune plums and cherries, sowing root crops.)

Top Tip - Keeping Black Bean Aphid Off Your Broad Beans



Next to brussels sprouts, broad beans must be a close second in the most hated vegetable, although I don't know why?

I had the honour of sharing a stage at the Harrogate Spring Flower Show with Steph Moon, a Yorkshire Chef and Consultant, with many accolades and a talent for making even the most bland vegetable a gastronomic delight.

Sprouts lightly blanched then fried in a little oil or butter, add some finely chopped bacon and sweet chestnuts and hey presto, brussels with style.

The most frustrating thing about broad beans is the skin on the bean, I have spent hours trying to peel off the thick leathery outer coat, that is until I mentioned it to Steph. Drop the podded beans into a pan of boiling water for 30 seconds, drain and allow to cool a little, then gently squeeze the bean and 'pop' out comes the fresh bean, its magic. Steam or lightly simmer the beans for a further two minutes, drain and add to a cream and garlic sauce. Cheers Steph.

Now if I haven't convinced you to grow brussels sprouts and broad beans I give up.

Broad beans are quite hardy and can be sown directly into the vegetable plot and are on the whole quite a trouble free vegetable. That is until the Black Bean Aphid awakens from its winter slumber. Like all Aphid they head straight for the most tender part of the plant, emerging shoots.

For some reason spring planted beans seem more susceptible to Black Bean Aphid, normally attacking the plant around late May into June, when the plants are about 60 - 90cm (2 - 3ft), and have flowered on side shoots lower down the plant. There are a number of options to try and control them, you can pinch out the growing tip, it won't affect the plant as it will then concentrate its energy into the developing bean pods. Using a garlic spray is effective too, but it's not the most pleasant of smells, alternatively you can plant what is termed a sacrificial crop, the Black Bean Aphid also likes Nasturtiums, so planting a few alongside your beans will hopefully prove a more desirable host. You will often find ladybirds where you have aphid and along with hover-flies and some ground beetles, that feed on most types of aphid. A few drops of washing up liquid mixed with water and sprayed onto the aphid will often reduce the population, giving predators and the local bird population a fighting chance to help you control them.



— BY LINDA JENKINSON —

It's April, a time when birds all over the world are on the move. In the northern hemisphere thousands of species globally are either just arriving on their breeding grounds or making their way further north in small steps, waiting for frozen tundra to thaw. Added to this mass movement, species that bred in the southern hemisphere during our winter are also making their way northwards to their wintering grounds, some seabirds beginning their massive pelagic journey around the entire Atlantic coast.

For the UK, which is on the North Atlantic Flyway (see the map), that means that our winter visitors are journeying towards Iceland, Greenland, eastern Canada, northern Europe and Russia, some moving as far north as the Arctic Circle to breed.

Mass movements of whooper swans have been seen over the last few days on their way to their Icelandic breeding grounds and flocks of wigeon and scoter have been detected by dedicated 'noemiggers' (those tracking nocturnal migration using sensitive audio technology in their gardens) as they move across the country. Most birds will migrate long distances at night using the magnetic field and the stars to guide them. It's thought that they travel at night because there are fewer predators.

While we say goodbye to our winter visitors, the northern hemisphere across the globe is also saying hello to its spring migrant birds. The UK will soon be welcoming species such as common tern, little ringed plover, cuckoo, nightjar, osprey, hobby, honey buzzard, swift, swallow, sand and house martins, yellow wagtail, spotted flycatcher and many species of warbler. You can follow the progress of some of the larger species that have been fitted with satellite tags and also watch for their arrival via online webcams.

If you like being by the sea, our seabirds are already occupying ledges and burrows and many more are gathering below the cliffs in readiness for the season to come. Puffin, guillemot, razorbill, gannet, fulmar and kittiwake are there already to be enjoyed.

Our spirits will be lifted as birdsong diversifies and extends during the next three months and hopefully this will intensify the healing power of nature we've already been enjoying as we've emerged from a post-pandemic world. Most people enjoy listening to birdsong and would love to be able to identify birds by sound.

Learning birdsong is like learning a language, it takes time and commitment but there are some excellent resources available. I recommend Geoff Sample's CDs and customising the quiz on 'Chirp!', an app by Spiny Software. The trick is to choose just a few

common and resident birds to start, no more than five, and listen to them for about ten minutes, three or four times a week. Any more and you'll become overwhelmed and you won't be able to learn effectively. Of course, there are now some listening apps available that will give you a percentage probability that you're hearing a specific species but that's no substitute for actually learning the songs yourself.



This is my twentieth year of teaching people about birds and birdsong so, to celebrate Start Birding's big birthday, I'd like to offer all Yorkshire Reporter readers 50% off their first two hour guided birdwatching class, including birdsong tuition, by contacting me at linda@startbirding.co.uk and quoting SBYR20. There's plenty of group events to choose from over the next three months while the birds are singing or, alternatively, book me for your very own one-to-one birdsong class. Just get in touch for more details.

Happy birdwatching!

Linda Jenkinson teaches people about birds in and around Leeds. For details of classes email linda@startbirding.co.uk or call 07778 768719. Visit www.startbirding.co.uk or Start Birding on Facebook and Twitter

New Garden Recycling Scheme Provides Solution To Plant Pot Landfill Problem

Two industry leading horticultural brands have joined forces to provide gardeners with a solution to plant pot recycling, preventing further plastic waste ending up in landfill.

Sustainable plant pot designer, elho, has partnered with nationwide garden centre retailer, Dobbies, to provide plastic plant pot recycling bins across 69 of its centres including York. This will make it easier than ever to reduce unnecessary plastic waste in the garden and prevent further plastic waste ending up in landfill.

It has been widely reported that kerbside recycling of plant pots is challenging. Policies vary significantly from council to council, particularly when it comes to black plant pots, which can leave gardeners at a loss with what to do with their disregarded pots.

Now gardeners can simply take their plastic plant pots and trays to Dobbies York store for them to be recycled. The bins provide a simple means of disposing of plant pots in a convenient and environmentally friendly way, rather than having them clutter up garden sheds or adding to landfill.

This initiative comes as new research from Dobbies Garden Centres reveals that 32% of gardeners in York want to recycle more of their garden waste products this spring.

The survey was based on responses from 2,003 UK adults between 4 March and 7 March 2022.

Both companies are champions of sustainability with industry-leading green initiatives, and the plastic pot recycling bins are the latest innovation in this. Elho places nature at its core and boasts a number of sustainable credentials, including the production of only 100% recyclable plant pots that are made from recycled materials, using 100% renewable wind energy from the company's very own wind-powered factory in the Netherlands. Last year alone, the company recycled more than 13 million kilograms of recycled plastic to create its beautifully designed pots.

Chris Buck, Northern Account Manager at elho, explained: "We're pleased to be working on this initiative with Dobbies to encourage gardeners to recycle their plant pots, and to make it incredibly easy



for them to do so. It's great to be working together to collect plastic garden waste and give it a second lease of life, instead of sending mountains of it to landfill. We wanted to help provide gardeners with a simple, convenient solution to dispose of their plant pots in an environmentally friendly way. When visiting the centre to buy more plants, simply return your old pots – it couldn't be easier!"

Dobbies' goal is for the initiative to provide customers with the knowledge that plant trays and pots they have purchased are recyclable in store. Like elho, Dobbies is committed to delivering environmentally friendly practices, products and sustainable solutions.

Marcus Eyles, Horticultural Director at Dobbies Garden Centres, added: "We are always looking for ways to embed sustainability into our operations, and this is a positive step forward in our #SustainableDobbies journey.

"We also know from our own research that this is also something our customers are increasingly passionate about, so while we have encouraged pot recycling for a number of years in-store, this new bin at our York store will provide customers with a clear message and opportunity to recycle."

For a list of Dobbies stores visit dobbies.com

Nest Of Baby Bunnies Rescued After Being Discovered By Builders In Huge Bag Of Sand!



Four tiny baby bunnies are being hand-reared after being found in a nest in a delivery of sand.

The RSPCA was contacted by a group of builders in Scarborough, North Yorkshire, who made the discovery.

RSPCA Inspector Beth Boyd went to collect the nest of kits. She said: "A team of builders were working on Scarborough seafront and had a delivery of sand in a large bag.

"When they opened it up they found the nest of four wild rabbit kits inside and called us for help.

"We don't know where the bags had come from or how long the babies had been without their mum so we rushed them to an experienced wildlife rehabilitator.

"She tells me that they're doing really well and are happily guzzling a specialist milk substitute so that's wonderful news."

We believe the rabbits, who still have their eyes shut, are around 12-14 days old.

A mother rabbit closes her kittens into a burrow, returning to nurse about once a day. Kittens will start to emerge from the burrow at about 18 days when they will look like miniature adults.

If they're found above ground with their eyes closed then something has dug them out of the burrow - in which case they'll be too young to survive. These rabbits will need rescuing and taking to wildlife rehabilitator.

There's more information about orphaned baby wildlife online.

If you find a baby wild animal and you're concerned please contact the RSPCA's emergency hotline on 0300 1234 999.

To help the RSPCA continue rescuing, rehabilitating and rehoming animals in desperate need of care please visit the website or call the donation line on 0300 123 8181.

Risk Of Catastrophic Wildfire On Moorland As Fire Service Records 55 Incidents In Three Months

England's iconic moorland landscape is under 'extreme' threat from wildfire with 24 fires having been recorded in recent days alone.

The Moorland Association warns there is a high risk of a devastating wildfire on moorland in the north of England, as 55 incidents of wildfire have been recorded by the Fire & Rescue Service already since the start of this year.

The increasing number of visitors enjoying the wild open spaces of the moors, brings a greater risk of a fire breaking out, whether by accident or a deliberate act.

Once started, a wildfire is incredibly difficult to tackle given the mass of vegetation in many areas, which burns readily, and lack of access to these areas for fire fighters.

Amanda Anderson, Director of the Moorland Association said: "The current weather conditions in much of the north of England - dry and warm, are fire-supportive. The catastrophic wildfires we have seen in recent years have spread over huge areas, destroying precious habitat and releasing vast amounts of carbon.

"We would urge everyone to follow the Countryside Code, and

never even think about lighting a fire or bringing a BBQ to a moor. The situation can get out of control in minutes."

Paul Hedley, Chief Fire Officer, Northumberland Fire and Rescue Service, said: "Gamekeepers in moorland areas have helped with equipment and access to remote areas in the past but remote wildfires remain a significant challenge for fire and rescue services. Areas of unmanaged vegetation can burn for days and require protracted deployment of resources."

The Saddleworth Moor wildfire in 2018 destroyed 4,400 acres of moorland and required military assistance to bring the blaze under control. 150 people were evacuated from their homes in Stalybridge, thought to be the first time that a UK wildfire has caused such an evacuation.

The Marsden Moor wildfire in 2019 burned for four days, destroying over 1,700 acres and causing £500,000 worth of damage.

There were 24 incidents of wildfire recorded over just four days in England and 55 so far this year, including a 600-acre fire at Slaithwaite (West Yorkshire) and 400 acres at Parkgate, a wetland nature reserve on the Wirral.

Branching Out: NYMR Announces Vital Tree Planting Collaboration With The Conservation Volunteers And Treemendous

In partnership with The Conservation Volunteers (TCV) and Treemendous, the North Yorkshire Moors Railway (NYMR) has fully funded a trial tree planting initiative, with more than 300 trees planted in a landfill site that is gradually being transformed into a nature reserve with public access.

Using six native broadleaf species - Silver Birch, Oak, Beech, Rowan, Field Maple and Hornbeam - the planting forms part of the Harewood Whin reclamation project, to turn the site into a green public space with benefits for people, wildlife and the environment as a whole.

This initial trial forms part of a wider tree planting initiative through which, as sole project funder, the NYMR has helped secure and establish a vital 30-year commitment by a local landowner to maintain the site as woodland.

The partnership paves the way for securing land and match funding for future tree planting plans, including a lead which could be developed into schemes that would see over 5,000 trees planted this coming winter season alone.

The publicly accessible area, which borders a footpath/cycle track, is part of a larger "wildlife corridor" that stretches west from the outskirts of York into the countryside of North Yorkshire and offers wildlife a haven of relatively quiet/undisturbed green space. The

area is full of a wide range of native flora and fauna that already exists in close proximity to the busy suburban/urbanised areas of York.

As part of the Yorkshire's Magnificent Journey appeal, funded by Heritage Lottery Fund the NYMR lineside ecology work and outreach programme is part of a long term programme to conserve biodiversity along the lineside and engage with local organisations and communities as part of the NYMR charitable aims.

TCV works alongside Treemendous, an organisation which focuses on small-scale planting around the city of York with the aim to bring people together to create, improve and care for green spaces - including local parks, community gardens, nature reserves and sites of special scientific interest that form a vital part of local communities.

TCV is also engaged with other larger planting projects via the Northern Forest Initiative, where it is planting tens of thousands of trees every year across the Yorkshire region.

For more information or to get involved with the TCV organisation, visit;

www.tcv.org.uk

BOOKS

Yorkshire Author Publishes History Behind Bridgerton

In Georgian England, few men were more fashionable or more eligible than George, Prince of Wales. Wild, glamorous, and with a penchant for beautiful women, the heir to George III's throne was a very good catch – or so it seemed.

The two women who married him might beg to differ. Maria Fitzherbert was a twice-widowed Roman Catholic with a natural aversion to trouble. When she married the prince in a secret ceremony conducted in her Mayfair sitting room, she opened the door on three decades of heartbreak. Cast aside by her husband one minute, pursued tirelessly by him the next, Maria's clandestine marriage was anything but blissful. It was also the worst kept secret in England.

Caroline of Brunswick was George's official bride. Little did she know that her husband was marrying for money and when she reached her new home in England, she found him so drunk that he couldn't even walk to the altar. Caroline might not have her husband's love, but the public adored her. In a world where radicalism was stirring, it was a recipe for disaster.

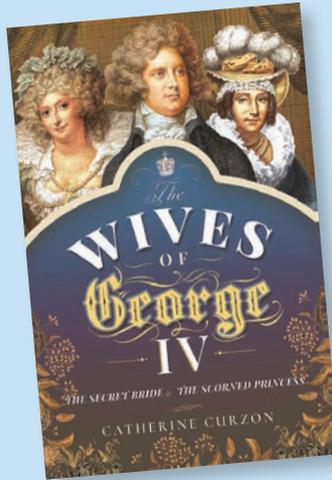
In *The Wives of George IV: The Secret Bride & the Scorned Princess*, Maria and Caroline navigate the choppy waters of marriage to a capricious, womanising king-in-waiting. With a queen on trial for adultery and the succession itself in the balance, Britain had never seen scandal like it.

About the Author

Catherine Curzon is a historian of Georgian royalty. Her work has been featured on HistoryExtra.com, the official website of BBC History Magazine, and in publications such as 'All About History', 'Who Do You Think You Are?', and 'Jane Austen's Regency World'. She has spoken at venues including Kenwood House, Wellington College, the Royal Pavilion, the National Maritime Museum, and Dr Johnson's House. Her first play, 'Being Mr Wickham', premiered to sell-out audiences in 2019.

Catherine holds a Master's degree in Film and when not dodging the furies of the guillotine, can be found cheering on the mighty Terriers. Her previous romps through the palaces of the 18th century are all available from Pen and Sword Books.

She lives in Yorkshire atop a ludicrously steep hill.



The Wives of George IV, The Secret Bride and the Scorned Princess

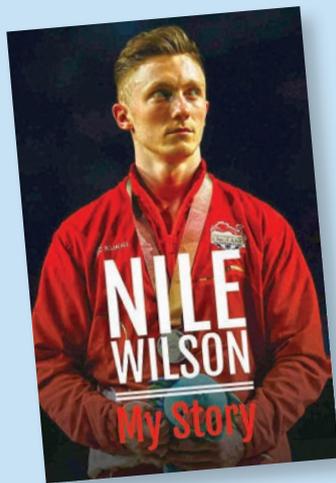
Author: Catherine Curzon.

Publisher: Pen and Sword.

Available from amazon and www.pen-and-sword.co.uk.

Priced £20.

Leeds Olympic Gymnast Nile Wilson Autobiography



Nile Wilson is one of Great Britain's most successful gymnasts of all time. He won Britain's first ever Olympic medal on the High Bar with a bronze at the 2016 Rio Olympics. He is also England's most successful ever gymnast at the Commonwealth Games, with a total medal haul of five golds, three silvers and a bronze. Yet Nile is so much more than just a gymnast. An online content creator, an entrepreneur, a successful businessman and an advocate for mental health awareness.

Nile Wilson - My Story gives an unprecedented look into Nile's entire journey in and out of gymnastics. People often presume to know so much about Nile due to his huge online audience, but this book will shatter that perception. Nile talks through how he rapidly rose to gymnastics stardom; his views on gymnastics coaching; the enormous battles he faced with injury that eventually forced him into retirement; his battles with gambling and mental health issues; his family; and how he successfully moved into business. Importantly, he finally lifts the lid on the true details behind the fall out with Leeds Gymnastics Club and British Gymnastics, and how the future of the sport needs to be shaped. No stone is left unturned.

About the Author

Nile Wilson is an Olympic, Commonwealth and World Championship medal-winning gymnast. He is one of Great Britain's biggest social media influencers with over 1.5million subscribers on his YouTube channel; as well as becoming a successful businessman with multiple ventures. This autobiography is his second book for White Owl Books, his first being *Raising the Bar*.

Nile Wilson - My Story

Author: Nile Wilson.

Publisher: Pen and Sword.

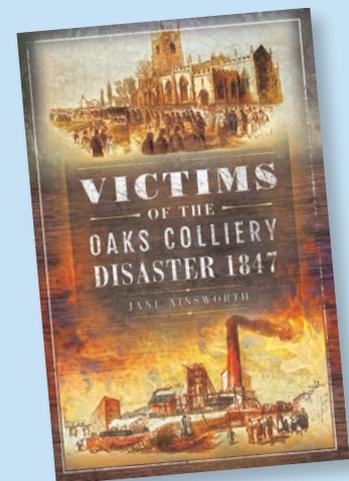
Available from amazon and www.pen-and-sword.co.uk.

Priced £20.

A Widely Overlooked Tragedy That Took Place In Barnsley

Victims of the Oaks Colliery Disaster 1847

This book has developed as a result of the author Jane's deep interest in her coal mining ancestors - both paternal great grandparents, Charles Ernest Hardy and Edwin Hall Bailey, worked in collieries in the Barnsley area as did their descendants. At the end of 2017, Jane transcribed a ledger containing the minutes of the Colliers' Relief Fund Committee for the 1847 Oaks Colliery Explosion for Barnsley Archives. This stimulated her empathy and curiosity about the lives of the people referred to in the minutes - widows, orphans and a few survivors of the disaster – as well as the 73 victims. She was determined to research all of the individuals in as much detail as possible, despite the challenge of limited early records, to flesh out their stories and to pay tribute to the families of mineworkers whose lives at that time were considered of little value to the colliery owners and managers. Once again, Jane has created 'a memorial book like no other' as a contribution to Barnsley's mining heritage.



About the Author

Jane Ainsworth was born in Hoyland and most of her family's roots are in South Yorkshire. After relocating to Lancashire as a child and living in Cambridge for 35 years, where she worked for the local Councils, Jane was keen to return to Barnsley for her retirement to pursue her passionate interest in family history research.

Victims of the Oaks Colliery Disaster 1847

Author: Jane Ainsworth.

Publisher: Pen and Sword.

Available from amazon and www.pen-and-sword.co.uk.

Priced £16.99.

WIN A COPY

THE YORKSHIRE REPORTER HAS A COPY OF THE BOOKS FEATURED ON THIS PAGE TO GIVEAWAY

To enter simply send 'BOOKS' along with your contact details including tel number, stating which book you would like to be entered for to

competitions@yorkshirereporter.co.uk

Terms & Conditions – Entries must be in by the 23rd April 2022. The winner will be contacted by phone or email and may be required for a photoshoot of them receiving their prize. Yorkshire Reporter's decision is final and no cash alternative will be offered.



Antiques With Gary Don



Dear Gary
I have followed your column in The Yorkshire Reporter and wondered if you could help me
I used to play in a band and have an Anniversary 1994 Gibson Les Paul guitar made in the USA.
I believe that these guitars are quite desirable now. Do you have any idea what it may be worth?
Thanks, Steve

Dear Steve,
I am a musician myself and know this guitar well.
In 1994 Gibson released 12 Centennial model guitars, each limited to 100 pieces (1 for each of the 100 years). There was 1 guitar produced for each month of the year and finding a complete set is very rare.
The individual guitars now sell for between £2000 – £5000 each depending on the model. Recently an entire set of 12 guitars sold for £100,000!

Hi Gary,
I have a Clarice Cliffe prototype character jug which I am hoping is valuable
Please can you advise?
Mary



Hi Mary,
Not good news I'm afraid.
Although the image is Clarice Cliff, the item is not made by her.
It is a reproduction Limited Edition design, one of many items produced by Kevin Francis Ceramics established in 1981.

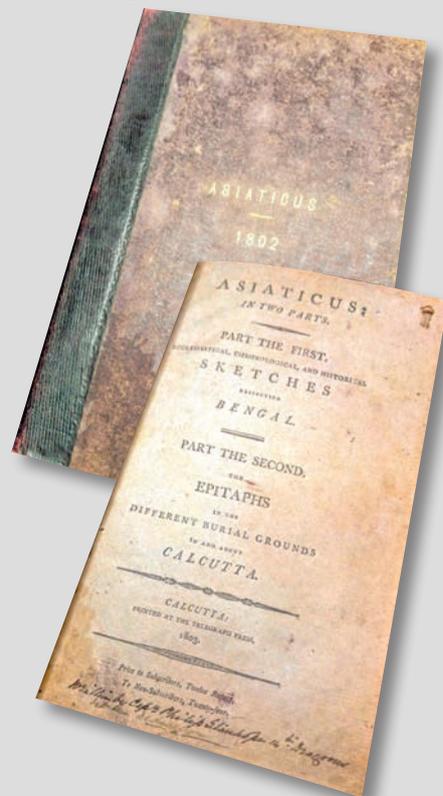
All their products are hand decorated in Stoke on Trent. They may well turn out to be an investment in the future but in today's market your jug would sell for under £100.

Dear Mr. Don,
I would appreciate your help and research into the book ASIATICUS 1802.

I found a copy of ASIATICUS on sale through abe.books.co.uk which was rebound in the 20th century whilst my copy is the original 19th century binding (1802)

Also and probably uniquely my copy is signed by the Author - John Hawkesworth. It is also signed by the original owner (one of the named subscribers) Capt. William Stainhope of the 14th Dragoons.

I believe this would make my book rather special. Your thoughts please?



Thank you for your email. You do have a very interesting book and it could well be unique. I cannot find any sale results of other original signed copies of this book and therefore it is difficult to give you a valuation. The best way to sell it would be to put it into a specialist antique book collectors' auction, advertise it well and let the open market decide its value. The condition of the book is important and will also affect its value.

Dear Gary
These have been in our family for many years and we are wondering if you could please give a valuation, as we are having a clear out.
Thanks
Glyn Bellamy



Dear Glyn,
This style of watercolour paintings was very collectable in the 1960/70's when there was interest from the USA in these subjects. However today these paintings have lost their popularity.

The first watercolour of the girl and child by the cliff is by the British artist John Abernathy Lynas-Gray (1869-1937) was painted in 1918. The last example we could find of a similar work by him selling at auction was in 2017 and that sold for £260.

The second watercolour is by Thomas Noel Smith (1840-1900). He is a less collectable artist and his works sell between £80 – 120.

This subject may become popular again in the future as styles change and it may be wise to hold onto them for a while longer.

You may be sat on a treasure trove!
It is often the items that you think are worthless that can turn out to be the most valuable. Not sure?
Then send an email to;
antiques@yorkshirereporter.co.uk
I will answer everyone
Look forward to valuing for you

Gary Don

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Diary Of A Pawnbroker

It's Time To GOLDCYCLE

Gold prices have been at record highs on and off over the last 2 years with the Covid crisis. Now as the world recoils to the Russian invasion of Ukraine, this horrible war brings more economic uncertainty to all and rising prices as a result.



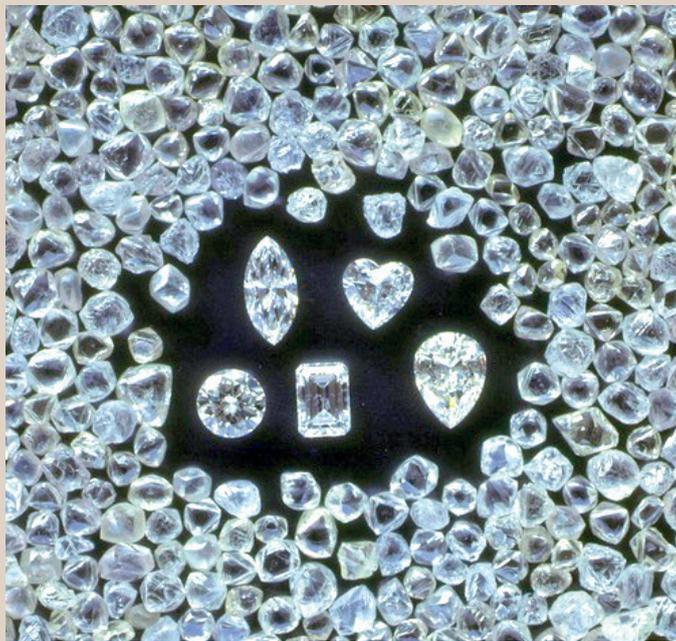
However, it's not just the oil and gas prices that have increased. Gold has hit near record highs and diamonds have increased over 20% since last year. Gold has always been the fall-back position at times of economic uncertainty and there is no surprise to see the yellow metal being bought and sold in volume as the markets fluctuate and people want to put their cash into a safe haven.

Diamonds However Are A Different Story Altogether.....

Did you know that Russia produces 30% of the world's diamonds? They mined 19 million carats of diamonds in 2020 followed only by Australia who mined 40% less at 12 million.

Russia's natural diamond reserves were estimated to approximately 650 million carats in 2020 and are the largest reserves in the world at almost double of Botswana who hold 350 million carats.

Only 20% of all production make it to the status of valuable polished gemstones though as almost half of the world's mined diamonds are used for industrial purposes as 'rough' diamonds. Industrial diamonds are used in cutting, drilling, grinding, and polishing and are critical to a lot of engineering processes due to their inherent strength.



Therefore if you own some fine diamond jewellery, set in gold, your asset has just dramatically increased in value!

The result of this is two fold:

Firstly, now is a fantastic time to sell your unwanted gold and diamond jewellery as the price is strong and supplier's stocks are low.



Secondly, it is an equally good time to buy pre-owned gold and diamond jewellery as it represents amazing value against any 'new' stock that will be subjected to the higher market prices.

Pre-owned jewellery is a bargain right now and we expect to have an increasing flow of new customers looking for that special piece as prices usually remain unchanged in our windows until the items eventually sell. You can expect to pay over double the price of pre-owned jewellery for the new equivalent piece so don't miss the opportunity to get shopping and find those bargains while stocks last!

Pawnbroking Loans.....

As inflation creeps up and bills need paying, why leave your gold or diamond jewellery sat in a box when they could be helping you with your cash-flow instead?

Recycling is a regular part of our everyday culture and interestingly people are beginning to apply the practise to their jewellery.



Gold-cycling has become the theme of recent years and while some customers have used their items for loans, not wanting to part with their goods, others have sold their jewellery and watches outright and used the money for holidays, to pay off bills or simply to buy some new jewellery. You will be pleasantly surprised with how much you can get and if you use our pawnbroking service, you remain the owner of the goods and you can simply collect your jewellery or watches when you repay your loan and interest, which can be at any point during the term of the contract.



Christopher Brown Jewellers have branches at 22 High Ousegate York, Seacroft, Shipley, Pontefract and Stockport, We also have Brown and Gold stores at Batley, Prescot and Toxteth.

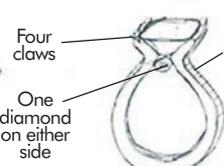
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www.Christopherbrownjewellers.co.uk



Call into your nearest store to discuss a loan, value your gold or view our fantastic collection or pre-owned gold, diamonds and luxury watches. Now is the time to goldcycle so call in now and make your jewellery work for you!

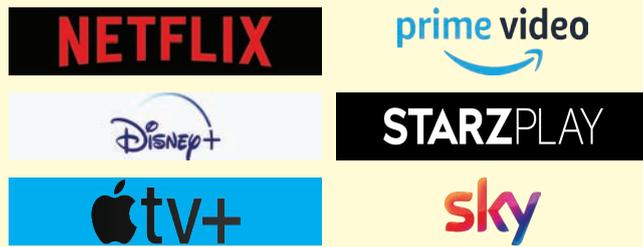
To find out more, visit our website www.christopherbrownjewellers.co.uk to browse our latest lines or if you want to hunt out the real bargains visit our stores directly and find that special piece before its too late.

Chris Brown

PLUS DISCREET PAWNBROKING LOANS AVAILABLE

ENTERTAINMENT

WHAT'S ON TV & STREAMING



07 April - Transplant, Season 2 - Sky Witness

Canadian medical drama about a Syrian doctor who escapes his homeland to Canada.

12 April - Hard Cell, Season 1 - Netflix

Catherine Tate writes, directs, and stars in a comedy playing multiple characters in a women's prison.

15 April - Anatomy of a Scandal, Season 1 - Netflix

An insightful and suspenseful series about a sexual consent scandal amongst British privileged elite and the women caught up in its wake. Based on the international bestselling novel 'Anatomy of a Scandal' by Sarah Vaughan.

15 April - Roar, Season 1 - Apple TV+

A genre-bending anthology series that weaves together eight darkly comedic feminist fables that take unexpected approaches to subjects like gender roles, autonomy and identity.

18 April - BattleBots, Season 3 - ITV4

The more violent US version of Robot Wars comes to the UK. Bigger, badder, and way more destructive!

18 April - Fear The Walking Dead (AMC), Season 7b - AMC Global

Companion show to the main Walking Dead series. Airs first AMC in the UK, then on Amazon Prime around 12 months later. NOTE: This is the air date for 'Fear' On AMC in the UK and USA.

19 April - Better Call Saul, Season 6a (Final) - Netflix

Spin off from the awesome Breaking Bad, starring Bob Odenkirk reprising his role as lawyer Saul Goodman. Airing on Netflix UK just hours after the US. The 6th Season will air in two parts.



20 April - Russian Doll, Season 2 - Netflix

Russian Doll follows a young woman named Nadia (Natasha Lyonne) on her journey as the guest of honour at a seemingly inescapable party one night in New York City.

20 April - Station 19, Season 5b - Sky Witness

'Grey's Anatomy' spin-off series about the heroic firefighters at Seattle Fire Station 19.

22 April - The Rising, Season 1 - Sky Max

New supernatural crime thriller, based on Belgian series 'Hotel Beau Séjour'.

24 April - Gaslit, Season Limited - StarzPlay

Anthology drama. Season 1 tells the story of Martha Mitchell and her role in exposing Watergate, starring Julia Roberts and Sean Penn.

27 April - Grey's Anatomy, Season 18b - Sky Witness

The long running medical show is still going.

29 April - Ozark, Season 4b (Final) - Netflix

Drama starring Jason Bateman as a money launderer who uproots his family to Missouri Ozarks when a deal with a Mexican drug cartel goes awry.

29 April - Shining Girls, Season 1 - Apple TV+

A Chicago newspaper archivist whose dreams of becoming a journalist were put on hold after surviving a brutal attack that has left her in a constantly shifting reality.

MOVIES

01 April - Sonic the Hedgehog 2 - PG

When the manic Dr Robotnik returns to Earth with a new ally, Knuckles the Echidna, Sonic and his new friend Tails is all that stands in their way.

Stars: Ben Schwartz, Idris Elba, Colleen O'Shaughnessey & Jim Carrey



08 April - Fantastic Beasts: The Secrets of Dumbledore - PG-13

The third installment of the 'Fantastic Beasts and Where to Find Them' series which follows the adventures of Newt Scamander.

Stars: Eddie Redmayne, Mads Mikkelsen, Ezra Miller, Katherine Waterston & Jude Law

15 April - Father Stu - R

Follows the life of Father Stuart Long, a boxer-turned-priest who inspired countless people during his journey from self-destruction to redemption.

Stars: Mark Wahlberg, Mel Gibson, Annet Mahendru & Jacki Weaver

15 April - The Northman - R

From visionary director Robert Eggers comes The Northman, an action-filled epic that follows a young Viking prince on his quest to avenge his father's murder.

Stars: Alexander Skarsgård, Nicole Kidman, Claes Bang & Ethan Hawke

22 April - The Unbearable Weight of Massive Talent - R

A cash-strapped Nicolas Cage agrees to make a paid appearance at a billionaire super fan's birthday party, but is really an informant for the CIA since the billionaire fan is a drug kingpin and gets cast in a Tarantino movie.

Stars: Nicolas Cage, Jacob Scipio, Pedro Pascal & Demi Moore

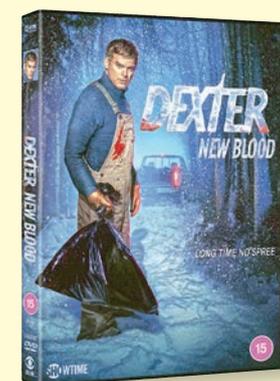
DVD, Blu-Ray & 4K DVD



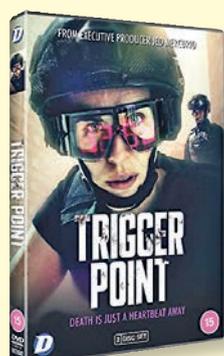
04 April - Spider-Man: No Way Home - DVD, Blu-Ray & 4K DVD



11 April - A Discovery of Witches - Season 3 - DVD & Blu-Ray



18 April - Dexter: New Blood - DVD & Blu-Ray



04 April - Trigger Point - DVD & Blu-Ray

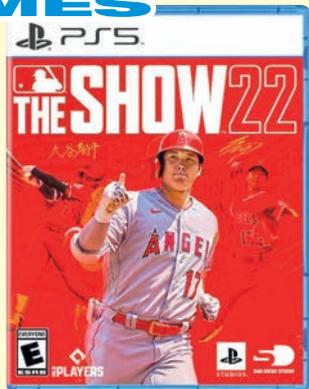


11 April - Nineteen Eighty-Four - DVD & Blu-Ray



25 April - Singin' In The Rain, Ultimate Collection Edition - 4K DVD

GAMES



05 April - MLB The Show 22 - PS4, PS5, Xbox & Nintendo Switch



05 April - LEGO Star Wars: The Skywalker Saga Deluxe Edition - PS5



13 April - Venom PS5 Controller Twin Docking Station - Cosmic Red - PS5



15 April - Bishoujo Battle: Double Strike! - PS4 & Nintendo Switch



21 April - MotoGP22 - PS4, PS5, Xbox & Nintendo Switch



30 April - Nintendo Switch Sports

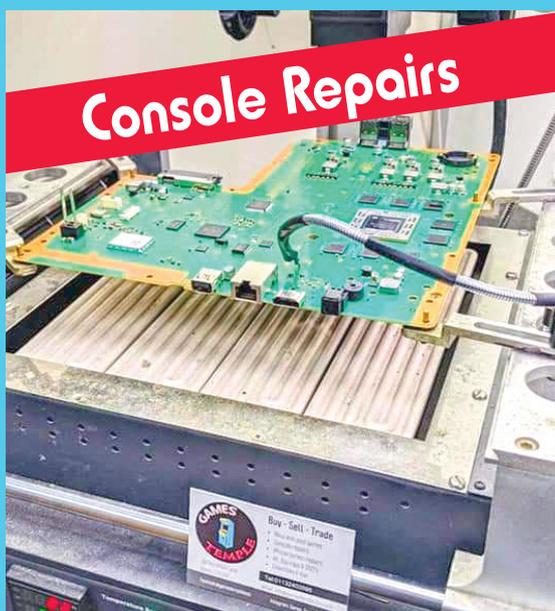
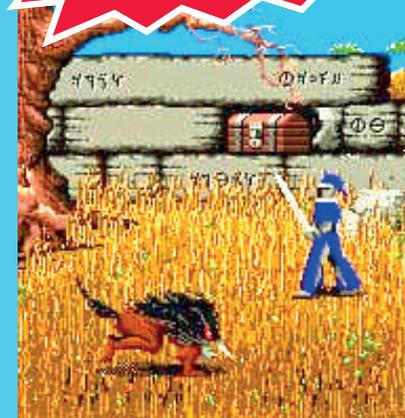
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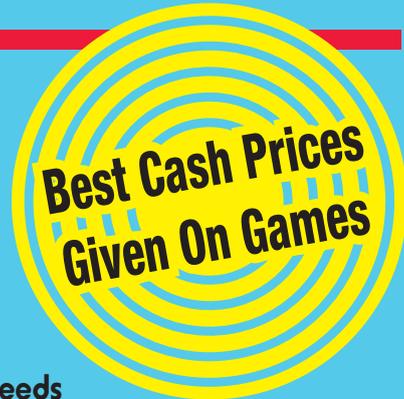
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It's That Time Eggain!

— BY LINZI DAVIES —

As Easter approaches, we have again had the very difficult job of trying out the Easter Eggs on offer this year. Here is a selection of the best for children, adults and also chocolate alternatives to tickle your taste buds!

FOR ADULTS

ASDA Extra Special Raspberry & Marshmallow White Chocolate Easter Egg £6 from Asda



A tempting blend of extra thick Belgian white chocolate studded with a sprinkling of raspberries and marshmallows. This Easter egg is lovingly hand decorated for an indulgent Easter treat.

Lily O'Brien's Desserts Chocolate Easter Egg - £11 from www.lilyobriens.co.uk and Waitrose



Delicious milk chocolate egg from the much loved Irish confectioners, with 9 handcrafted chocolates inspired by the nation's favourite desserts including Crème Brulee, Raspberry Infusion, and Key Lime Pie.

Milk Chocolate Praline Mini Eggs Luxy Gift Box, £17.50, www.farhi.co.uk



A delicious assortment of chocolate pralines each wrapped individually in jewel coloured foil, making this a gorgeous looking gift perfect for Easter.

Extremely Chocolatey Biscuity Egg - £8 from M&S



Extremely Chocolatey Biscuits are one of M&S's best sellers with 110,000 packets sold every week, so what better Easter Egg to create than one studded with crunchy pieces of the biscuits? A moreish treat any day of the week!

Cadbury Dairy Milk Ultimate Chopped Nut Easter Egg - £12 from Tesco



Extra large egg made with the Cadbury Dairy Milk chocolate that we all know and love, studded with chopped hazelnuts. The egg also comes with a Chopped Nuts Sharing Bar too – but whether you share or not is up to you!

Lakrids by Bülow Chocolate Coated Liquorice - £27 each from www.lakridsbybulow.co.uk



This premium Danish confectionary brand have created two limited edition liquorice flavours for Easter. Twisted Banana combines sweet banana, salty liquorice and creamy white chocolate, while Crispy Caramel has a liquorice core surrounded by smooth dulce chocolate and a crispy shell dusted with sea salt.

Thorntons Continental Gift Easter Egg - £12 from www.thorntons.co.uk



This delicious milk chocolate egg is decorated with white and dark chocolate swirling loops giving it a classic design. It also comes with 8 sumptuous Continental chocolates that Thorntons are famous for.

Happy Easter Gourmet Popcorn Gift Tin - £28 from www.popcornshed.com



Presented in a colourful reusable tin, this Easter gift contains 3 different flavours of gourmet popcorn packed in separate bags for freshness. A great sweet alternative to chocolate.

FOR TEENS

KitKat Chunky Lotus Biscoff Giant Easter Egg - £5 from Tesco, Londis and Premier Convenience stores



KitKat have teamed up with the highly popular Lotus Biscoff to create their new KitKat chunky bars. This hollow egg comes with 3 full size bars of the new flavour for you to enjoy!

KitKat® Chunky Salted Caramel Popcorn Incredible Chocolate Easter Egg - £10 from Tesco, Asda, Sainsburys, Co-op, Iceland and B&M



Another brand new offering from KitKat, this chocolate egg is infused with real salted and roasted corn pieces, along with 3 full size KitKat chunky bars in this new flavour.

Lindt Gold Bunny Animal Print - £4 from Tesco



The delicious and iconic gold bunny from Lindt has been given a makeover – exclusive to Tesco. Choose from Zebra and Leopard prints for a fashionable twist on the classic. Still the same creamy chocolate and of course not forgetting the little gold bell!

Choc Corn Egg - £8 from M&S



This large egg is made from indulgently creamy milk chocolate with salted toffee popcorn pieces. A delicious combination of salt and sweet.

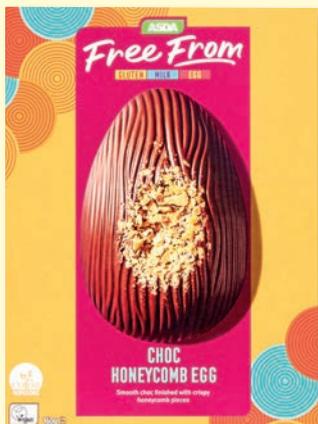
FREE FROM

Tesco Free From Strawberry Crunch Chocolate Egg - £4



This white chocolate and strawberry flavoured egg has freeze dried strawberry pieces and biscuit flavour rice balls for a bit of crunch. It is free from gluten, wheat and milk, making it a perfect choice for food allergy sufferers. It is also suitable for vegans.

Asda Free From Choc Honeycomb Egg - £3.75



A smooth chocolate egg finished with crispy honeycomb pieces. Free from gluten, milk and egg this is a delicious treat for allergy sufferers and vegans.

FOR KIDS

Eggcellent Mini Egg Cookie Mix in a Bottle - £10.99 by www.thebottledbakingco.com also from John Lewis and Waitrose



This cute, eco-friendly bottle handmade in Yorkshire contains all the dry ingredients you need to bake scrumptious mini egg cookies. A great alternative to chocolate, and fun for all the family. For every bottle bought, the company also plant a tree. Win win!

Toucan Box - £16.95 from www.toucanbox.com



The Toucan Box makes a great fun-filled, chocolate alternative gift for children ages 3-8. It includes 2 wonderful crafts – marbled meadow paint pouring, coloured wooden flowers for a springtime display, and also build a wibbly-wobbly labyrinth for woodland creatures.

Farm Animal Eggs - £12 from www.jojomamanbebe.co.uk



Packaged in a traditional egg box, this sweet set contains 6 wooden farm animal eggs for hours of play. Features a pig, lamb, bunny, chicken, chick and cow. Suitable from 3yrs

Thorntons Happy Bunny - £7 from www.thorntons.co.uk



This adorable Easter Bunny is made with delicious milk chocolate, with white and green chocolate decoration. The perfect gift for a little one who is sure to delight in every mouthful!

Inky the Octopus - £5 from M&S



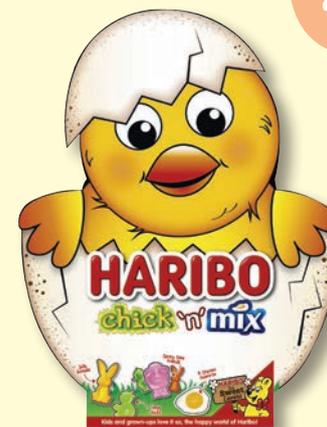
Inky is a cute hollow milk chocolate octopus sure to delight the little sea explorer in your life. With his pink cheeks and wide smile, children will love tucking in to this tasty chocolate.

Space Eggsplorer Chocolate Egg - £5 from M&S



Future astronauts can shoot for the stars with this milk chocolate space shuttle complete with seven milk chocolate balls coated in a candy shell – are they space rocks or planets? There are also interesting space facts on the packaging too.

Haribo Chick n Mix - rrp £3 from all good retailers



For those who prefer sweets to chocolate, this little chick gift box is filled with TangfastChicks, Starmix Fried Eggs, Jelly Bunnies and Spring Time Friends.



MUSIC

Live Music Back On Track!

By Stuart Glossop

After two years of false starts at last we can safely say that live music has returned to normality. Moreover, as they say, there is something for just about everybody this spring.



■ Michael Kiwanuka

British singer-songwriter and record producer Michael Kiwanuka's self-titled album hit no.2 on charts on its release. Richly textured, sonically adventurous but highly listenable KIWANUKA was greeted with acclaim from all corners of the globe. It's a record that finds its blueprint in Michael's previous record 'Love & Hate' but pushes harder and travels further. It feels like a body of work that will be listened to for years to come, and is perhaps testament to an artist who hasn't been rushed nor guided on his recordings beyond the watchful but encouraging eyes of dual producers Danger Mouse and Infxo. He plays the O2 on May 8th.



■ Yard Act

Yard Act have built a sound that speaks inherently to their birthplace of Leeds, West Yorkshire and ties together observations from all walks of modern British life. Across the course of 2020 and into early 2021, the quartet released four increasingly coruscating, hilariously dark singles with 'The Trapper's Pelts', 'Fixer Upper', 'Peanuts' and 'Dark Days' all securing BBC 6 Music airplay, and developing a remarkable, ever increasing fanbase. Pulling off a debut album in a pandemic isn't easy, but Yard Act made it work with their debut album *The Overload*. Catch their chaotic stage performance at The Irish Centre on 20th May.

Less than a week later, 25th May, the fabulous LORDE is in Leeds at the O2. In 2017 LORDE released her second full-length studio album, *Melodrama* which debuted at #1 on the Billboard 200 Chart, the album reached #1 in over 45 countries and earned LORDE a nomination for Album of the Year at the 2018 GRAMMY® Awards. She won the BRIT Award for International Female Solo Artist in both 2014 and 2018. Having returned in August with her third full-length studio album, *Solar Power*, LORDE currently has over 12 million albums sold worldwide and over 10 billion streams worldwide.

Following the completion of a sold out tour across the UK, ERASURE (Andy Bell and Vince Clarke) have, due to overwhelming demand, added new UK dates for May 2022. The chart-topping duo have just finished a run of sold out UK dates that included The O2 in London, and these newly announced dates follow their recently rescheduled European shows. The duo recently released their eighteenth studio album, *The Neon*, which went into the UK Official Albums Chart at #4, their highest chart position since *I Say I Say I Say*, which in turn got a deluxe 2CD expanded hardback book release on 5 November 2021. The band recently released 5-track EP, a companion piece to their latest album, *The Neon*, with 4 new tracks sitting alongside 'Secrets' - which originally appeared on *The Neon Remixed*. Catch them at First Direct Arena on 26th May.



■ Tears For Fears

The legendary duo Tears For Fears have announced UK tour dates in support of the release of their first new studio album in nearly two decades, *THE TIPPING POINT*, which was released in February.

As part of the Tipping Point World Tour the band will be touring the UK in July 2022 with special guest Alison Moyet. Speaking about going back out on the road Curt Smith said, "We couldn't be more excited to start playing concerts again. We've missed seeing our friends on the road around the world and the energy of performing live." Roland Orzabal shared "The Tipping Point has been a long time in the making and we are looking forward to playing our favourites from the new album as well as our classics from throughout the years." They play Leeds Millennium Square July 14th.



■ Florence + The Machine

After her short run of intimate UK shows sold out within minutes of going on sale, Florence + the Machine has announced her album tour for November which will take place in the UK, France and Ireland. Florence + the Machine announced her 5th studio album *Dance Fever* with her new single 'My Love'. Produced by Florence Welch, Jack Antonoff and Dave Bayley, *Dance Fever* is the album that brings back the very best of Florence and is released on May 13th on Polydor Records.

Red Hot Chilli Pipers Come To Harrogate - Royal Hall On Friday 13th May 2022

There has never been anything quite like The Red Hot Chilli Pipers, from their formation in 2002 and a cameo appearance at T in the Park in 2004 with the Darkness to opening the main stage in their own right in 2014. The past fifteen years has seen the Red Hot Chilli Pipers become the most famous bagpipe band on the planet...ever!

The band's achievements have reached incredible heights with their groundbreaking fusion of traditional Scottish music and rock/pop Anthems which they proudly call "Bagrock". The Red Hot Chilli Pipers are a genuinely unique experience.

The Chillis have never been more in demand for their infectious style of feel good music which appeals right across the age range to people all over the world. They have collected together an impressive group of musicians, dancers and singers from Scotland and further afield, many holding World Championship titles and all seriously good players with impressive credentials and qualifications.

In 2014, The Chilli Pipers released a new live DVD and CD entitled 'Live at the Lake'. In an explosive evening of entertainment captured on this live DVD and CD, The Red Hot Chilli Pipers recorded their most adventurous project to date, bringing 16 musicians and dancers across the Atlantic to perform at Milwaukee Irish Fest, the US spiritual home of the band. They captured the unique and explosive power of the Chilli Pipers in



one unforgettable evening by the shores of Lake Michigan. Tracks include *Insomnia*, *Gimme All Your Lovin'*, *Thunderstruck*, *Everybody Dance Now*, *Amazing Grace*, *Fix You*, *Chasing Cars*, *Wake Me Up*, *Don't Stop Believin* and *We Will Rock You*.

In February 2019, the Pipers and Tom Walker released a new version of his massive hit "Leave a Light On". The release is in aid of Nordoff Robins, the music therapy charity and it went straight into the iTunes top five. The collaboration came about after Tom performed with the Red Hot Chilli Pipers at Murrayfield Rugby Stadium before the Scotland v Italy Six Nations match.

In June 2019, the Red Hot Chilli Pipers released a new studio album, entitled "Fresh Air". An exciting fusion of brand-new songs and carefully selected covers. In a new departure for the Red Hot Chilli Pipers many of the songs include lead vocals. Some of the highlights are "Leave the Light On" featuring Tom Walker on vocals. Leonard Cohen's "Hallelujah" and "Shut Up and Dance" from the American band Walk the Moon, both songs feature the incredibly talented singer Chris Judge on vocals.

Tour & Ticket information;

Website – <http://www.thegigcartel.com/Artists-profiles/Red-Hot-Chilli-Pipers.htm>

Price – £32.25

Doors open – 7.00pm

WIN TICKETS

THE YORKSHIRE REPORTER HAS A PAIR OF TICKETS TO THE SHOW TO GIVEAWAY

To enter simply send 'CHILLI PIPERS' along with your contact details including tel number, to competitions@yorkshirereporter.co.uk

Terms & Conditions – Entries must be in by the 23rd April 2022. The winner will be contacted by phone or email and may be required for a photoshoot of them receiving their prize. Yorkshire Reporter's decision is final and no cash alternative will be offered.

Headliners Revealed As Malton's Boutique Summer Music Festival Returns



Malton's very own boutique summer music festival will return on Saturday 30th July 2022, bringing harmonies and melodies once again to Yorkshire's Food Capital. Almost 3,000 festivalgoers headed to last year's event to soak up the music and revel in the party atmosphere, and event organisers anticipate even more interest for 2022.

Also appearing on the Main Stage this July is party band HUGE and Hyde Family Jam – both returning to the event after appearing at the 2021 Meadowfest. There will also be support from Alistair Griffin and New York Brass Band, with the rest of the line-up due to be announced later this year.

As well as the Main Stage, the Hay Bale Stage will host headliners Flat Cap Carnival, also returning from the 2021 event. Graeme Hargreaves and Gary Stewart will once again perform to the crowds at the riverside meadows, with more support from George Rowell, Maggie Wakeling, Nick Rooke, Simon Snaize and many more.



■ The Feeling. Image © Andy Hughes

Headlining this year's line-up is indie rock band, The Feeling, taking to the stage to perform fan favourites such as Fill My Little World and Never Be Lonely, as well as music from their brand-new album, Loss. Hope. Love, which is due for release next month.

The band has been on a hiatus since 2016 but following on from the success of his hit musical Everyone's Talking About Jamie in the West End, frontman Dan Gillespie Sells found himself inspired to write again for the quintet during lockdown in 2020. Meadowfest will be one of the band's first appearances performing their new work.



As well as some of the region's finest musical talent, Meadowfest boasts delectable street food stalls, bars, family entertainment, and much more.

The event is easily accessible on foot and is only a few minutes' walk from Malton train station, but festival parking is also free for those who travel by car.

Set in the beautiful riverside meadows just behind The Talbot in Malton, the site is a picnic perfect natural amphitheatre boasting superb acoustics.



Tom Naylor-Leyland, Director of Visit Malton, says: "We are absolutely thrilled to announce The Feeling as this year's Meadowfest headliner! Already we're looking forward to singing along to some of their classics as the sun sets over our stunning riverside festival site.

"Meadowfest is one of our most-loved events each year, boasting wonderful music, a fantastic party atmosphere, delicious food and drink and unmissable entertainment for everyone to enjoy. We can't wait to welcome everyone back for our biggest year yet!"

For more information about Meadowfest, please visit: www.visitmalton.com/meadowfest

Widely considered one of the most charismatic performers on stage, Steve Harley continues to play to sold-out venues across the UK and Europe.

For Steve, life on the road is more than just a job: it is almost his life's blood.

And with the February 2020 release of the all-acoustic CD, "UNCOVERED", the original Cockney Rebel shows no sign of slowing down.

The Acoustic Band for 2022 will find Steve supported by long-standing violinist/guitarist Barry Wickens, and Oli Heyhurst on double bass, with Dave Delarre on lead acoustic guitar.

Steve has been playing Live shows around the world for over 45 years and the thrill of another night in another place to another audience has not dimmed at all.

"We have real adventures on tour," says Steve. "I've seen the Northern Lights, the Midnight Sun and dozens of wonderful galleries, museums and great cities, all on my down-time. I have a great life as a Wandering Minstrel!"

"UNCOVERED" includes a re-recording of Steve's popular song "Love, Compared With You" with a newly composed third verse, plus eleven other songs he's always wanted to perform. The album features Barry Wickens on viola and acoustic guitar, Oli Hayhurst on double bass, Tom Hooper on percussion and the Roots Music Legend, Martin Simpson, on guitar. Steve also sings a duet with the amazing Scottish singer, Eddi Reader.

The acoustic sets for 2022 will include songs from the new CD, plus a selection from the vast and eclectic Harley Songbook. Mr Soft, Judy Teen, Sebastian and the legendary Make Me Smile will all be re-produced in the unique acoustic style.

Close-Up Culture stated: "It was an intimate night in the presence of a great musician. An individual whose passion for live performance and perfection (it shows in his face) remains undiminished."

Rod Stewart, who covered Steve's song "A Friend For Life", describes him as "One of the finest lyricists Britain has produced."

MOJO said simply, "Harley creates rock songs that are proud, lyrical and full of yearning." Steve has also been described as "A consummate performer at the top of his game," and this show will bear that out.

Steve received a Lifetime Achievement Award for Acoustic Music from the Acoustic Festival of Britain in 2018.

Tour & Ticket information;
 Website – <https://www.thegigcartel.com/Artists-profiles/Steve-Harley-Acoustic-Band.htm>
 Price – £33.60
 Doors open – 7.30pm

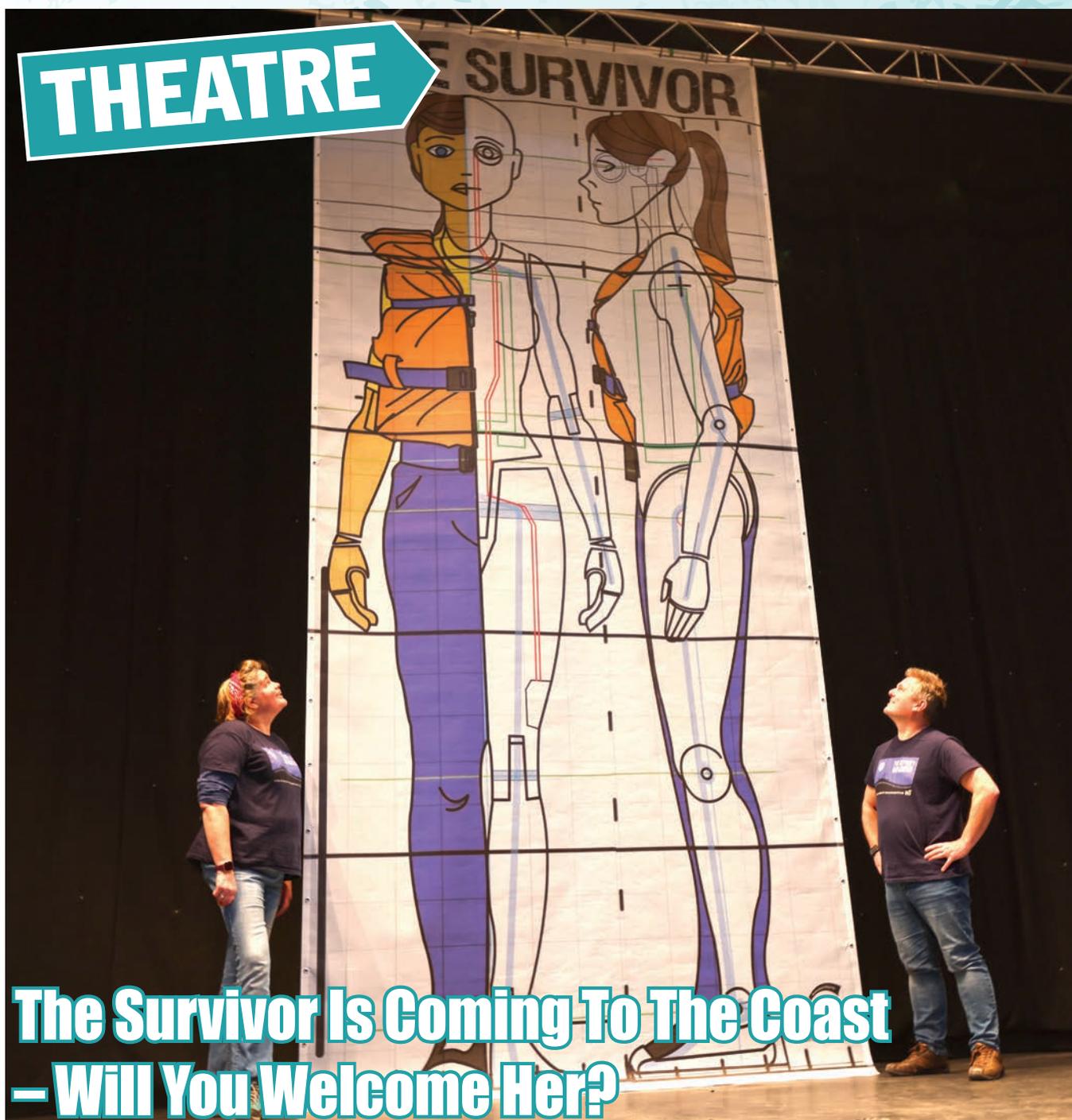
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To enter simply send 'STEVE HARLEY' along with your contact details including tel number, to competitions@yorkshirereporter.co.uk

Terms & Conditions – Entries must be in by the 23rd April 2022. The winner will be contacted by phone or email and may be required for a photoshoot of them receiving their prize. Yorkshire Reporter's decision is final and no cash alternative will be offered.

THEATRE



The Survivor Is Coming To The Coast – Will You Welcome Her?

‘The Odyssey – An Epic Adventure on the Yorkshire Coast’ is back with its next major instalment - the Survivor project, and it’s set to be the best one yet!

Following the success of previous years and The Trojan Wars exhibition which attracted over 1,000 visitors, the Odyssey’s next instalment of this epic adventure is set to be bigger than ever in Bridlington, Filey, Hornsea, Scarborough, Whitby and Withernsea this Spring!

The Odyssey project has been brought to life on film and as an audio app, featuring over 500 members of the resident and business community. It showcases the people and voices of the Yorkshire Coast which positions The Odyssey as one of the biggest event series taking place in a coastal area. The Odyssey may have started in Greece, but it’s found its home on the Yorkshire Coast,

Animated Objects, known for large-scale events with larger-than-life puppets and lantern parades, unveiled the true scale of the next instalment, ‘The Survivor’, which when completed will stand at a towering five meters tall, and will bring to life the story of a survivor of conflict in the Trojan Wars. She starts her journey washed up on a shore unfamiliar to her. She is lost, frightened and alone!

The project will welcome her in each town with artworks, music, and spoken word as she arrives. She will then be taken of a tour through coastal towns to explore her surroundings and offered shelter along the journey. Her name will be revealed as part of the live events.

This incredible visual performance tells the tale of a ‘The Survivor’, a teenage girl displaced by war and conflict. From the moment she washes up on the shore; is rescued; and treated with

kindness; to her being paraded along the coast, and receiving a warm welcome from residents, the performance tells every inch of her story.

The Survivor will be visiting the coast in April and May

- Friday 29th April - Withernsea
- Sat 30th April - Hornsea
- Sunday 1st May - Whitby
- Monday 2nd May - Filey (Bank Holiday)
- Friday 6th May - Bridlington, South Bay
- Saturday 7th May - Scarborough South Bay

The Survivor will tour the Yorkshire Coast BID area on an open topped bus, passing through rural locations between Spurn Point and Staithes on Sunday 8th May.

Speaking of the Yorkshire Coast BID’s involvement in the project, Kerry Carruthers, Chief Executive said, “The scale of this project and the public involvement led by Animated Objects, is what brings this to life. This event series would not have been possible without the many hundreds of residents, businesses and community organisations taking this to their hearts. It makes Homer’s Odyssey feel as if it always had the Yorkshire Coast in mind.

“It has been fantastic to be involved with such a creative project and see it come to life over the last three years. We’re going to be documenting the journey with behind-the-scenes footage and filming snippets of the activity to show the scale and hard work that has gone into this project.”

Dawn Dyson-Threadgold from Animated Objects said: “We have such an incredible coastline and countryside and that’s why we’ve chosen to set such an epic tale in this unique and dramatic landscape. The tale of ‘The Survivor’ is beautiful, relevant and important, which shows the kindness all people should be treated with. The performances will really help bring the stories to life, and culture to the coast. Keep an eye out for even more to come!”

Will you be there to welcome ‘The Survivor’?

For more information visit www.animatedobjects.org or follow them on social media @animatedobjects

To find out more about the Yorkshire Coast BID, please visit: www.yorkshirecoastbid.co.uk/.



The Coppergate Woman, 30 July – 6 August

Discovered in a shallow pit by the river Foss, the remains of an unknown woman are displayed in a glass case in JORVIK Viking Centre in York. She is The Coppergate Woman – and she is being brought back to life in modern-day York this summer in York Theatre Royal’s latest community production.

Announcing the production of The Coppergate Woman, the theatre has put out the call for people to join the community ensemble of around 100, which will be led by a professional actor in the title role. People are wanted to work in a variety of roles both on stage and backstage – not just as performers and musicians but to work in stage management, wardrobe, lighting, props, marketing, fundraising and front-of-house.

The theatre choir will also be involved in the production, which takes place on the main stage from 30 July to 6 August. The theatre is working in partnership with JORVIK Viking Centre on the project.

Co-director Juliet Forster said: “The idea came from thinking about the importance of storytelling in our world and how do we draw people together. The Vikings were storytellers and I started

thinking about the Vikings because it’s an area we as a theatre had not explored before and is a very interesting part of our history. I thought of Maureen Lennon to write the play as I booked quite an early show of hers into our Studio theatre after seeing it at Edinburgh. She felt the right fit for the play we wanted to do.”

Co-director John R. Wilkinson said: “It’s been five years since we last did one of our community plays. Given all that’s gone on in the past couple of years, it’s really necessary and heartening to be able to bring people together again. This time we’re digging into another realm of the city’s beloved history.”

Hull-born Maureen Lennon said: “I was approached to write a community project that engaged with York’s Viking history and how stories of our ancestors might bridge the gap between their world and our world right now. What could we learn from each other? It was always envisaged as a project that talked about community, togetherness, and the power of storytelling in our societies.

“I revisited the Jorvik Viking Centre in York when I first got commissioned. I used to love it when I was younger, growing up

in Hull, but hadn’t been for years. That’s where the idea for The Coppergate Woman struck me. There was something so confronting about the fact that she is on display. A real example of two worlds meeting.

“She is in our world now whether she likes it or not. I wondered if she was lonely. I wondered who she had been and what she would think about me staring at her now. It felt intimate and yet so much about her was unknown. I wanted to give her the power to look at us just like I was looking at her in that moment. I wanted her to speak – although obviously in reality I’m glad she didn’t.”

“The Coppergate Woman weaves myth with contemporary stories. The Vikings had an end of the world story in their mythology, Ragnarok, and in our tale the Coppergate Woman is awakened to try to help four people of York live through their own version of Ragnarok. It’s about hope and heartache and loss – and starting again, together.”

Visit the York Theatre Royal website;

www.yorktheatreroyal.co.uk for details of how to sign up for roles on and off stage in The Coppergate Woman.

Tickets for the production are on sale now.



Elaine Tottie

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43-Mile EV Range And 8 Per Cent BIK For All-New Kia Sportage Plug-In Hybrid

Kia UK has revealed full details of the all-new Sportage Plug-in Hybrid, including its low BIK tax band thanks to low CO2 emissions and long electric range. The no-compromise electrified SUV combines extensive electric-only mobility and exceptional fuel economy with unparalleled practicality and convenience.

Developed on an advanced new architecture that encompasses breakthrough powertrain electrification innovations and technologies, the all-new Sportage Plug-in Hybrid delivers an eco-friendly and dynamic SUV package. It blends power and performance with an exceptional combined fuel economy of 252mpg, and an emissions-free driving range of up to 43 miles (WLTP), rising to 48 miles on the WLTP City Cycle – enough to cover most daily commutes and shopping needs. Out on the open road, electric energy consumption is an impressive 3.68 miles/kWh (169 Wh/km).

The Sportage Plug-in Hybrid has been designed from the outset to deliver impressive yet accessible performance with supreme efficiency. To achieve this, Kia's latest SUV features a high-performance 1.6-litre T-GDi engine that works in tandem with a 66.9kW permanent magnet traction electric motor and a 13.8kWh lithium-ion polymer battery pack. The high-voltage battery sits centrally between the two axles under the body of the SUV, ensuring a balanced weight distribution and an interior space that is practical, comfortable and versatile.

Together, this powertrain combination delivers a total of 265PS and 350Nm of torque, a 0-60mph time of just 7.9 seconds, and a top speed of 119mph. A smooth and quick-shifting six-speed automatic transmission ensures drivers can make swift, effortless progress in all conditions.

The Plug-in Hybrid's four-cylinder petrol engine features several measures designed to ensure optimum fuel efficiency in all operating conditions. These include a new and optimised combustion process, cooling technologies and key friction reduction measures, including an advanced integrated thermal management system and the use of a low-friction ball bearing. As a result, the new Sportage Plug-in Hybrid emits just 25g/km of CO2 on the weighted combined cycle.

As well as attracting £0 VED first-year tax after registration, the combination of low CO2 and long electric range means a Benefit-in-Kind (BIK) tax rate of 7 per cent for the current 2021/22 tax year, rising to 8 per cent for the next three tax years to 2024/25. As a result, the new model costs less to run than almost all of its rivals, despite its premium interior, strong performance and generous standard equipment levels.

The Sportage Plug-in Hybrid also includes Kia's latest high-efficiency, high-performance Hybrid Starter Generator (HSG) module and Hybrid Power Control Unit (HPCU). Combined, these enhance efficiency, performance and reduce NVH levels when driving. The efficient on-board charger (OBC) system is rated at 7.2kW, making it the fastest-charging Kia PHEV to-date. The battery can complete a full charge in just 1hr 45m.

The first UK customer deliveries of the all-new Sportage Plug-in Hybrid commence soon.



■ (L-R) Presenter Robert Llewellyn, Richard Moorhouse Operations Manager at the YEC, Dan Caesar, Joint CEO of Fully Charged Live and Ben Chatburn Sales Manager at the YEC

Yorkshire Event Centre Proud To Host Global Green Event

A global event which promotes clean energy and electric vehicles is set to come to the north of England for the first time after choosing the Yorkshire Event Centre as its host venue.

Fully Charged, the World's no.1 Electric Vehicle and Clean Energy Show, is expected to attract 10,000 visitors when it's held at the Yorkshire Event Centre on Friday 19th to Sunday 21st May 2023.

The show - Fully Charged LIVE North 2023 - will complement a series of other Fully Charged LIVE shows which are held in Europe, America, Canada and Australia as well as Fully Charged LIVE South which is held in Hampshire.

Founded by actor, author and presenter Robert Llewellyn, the hugely popular YouTube channel which has 133,586,896 views and 857k subscribers, covers electric vehicles of all shapes and sizes, from electric bikes to electric boats as well as covering the clean, sustainable energy sources that these technologies can run on. Electric Car sales are soaring in the UK and 26.2% of new car sales in December 2021 were battery electric vehicles.

Fully Charged is the world's number 1 clean energy and electric vehicle channel hosted by Robert Llewellyn, Jack Scarlett, Helen Czerski, and many more presenters across the world.

Fully Charged LIVE 2023 will be a fun-filled festival with dozens of live sessions hosted by the Fully Charged team of presenters, more than 120 exhibitors and thousands of test drives of all of the latest Electric Vehicles on sale in the UK.

Dan Caesar, Joint CEO of Fully Charged Live said: "Fully Charged LIVE has been a huge global success, and we are delighted to be bringing the show to the North of England at last. Harrogate is a great location,

and the Yorkshire Event Centre, with its indoor and outdoor space, and its sustainability credentials, is a natural partner. We look forward to building something incredibly special together and work to educate people from across the North and Scotland about the benefits of cleaner, greener technologies."

Heather Parry, Managing Director of the Yorkshire Event Centre said: "Fully Charged Live North is a very exciting new signing for YEC as the values of green thinking and sustainability are at the top of every agenda including ours. This event will be large and has the space to grow with us; we are looking forward to welcoming sponsors, exhibitors and visitors to Harrogate and are proud to play a part in the promotion of green and sustainable ways of living."

Sustainability is top of the agenda at the Showground with its newest buildings boasting a range of green credentials.

The Yorkshire Event Centre has been awarded a Silver Green Tourism Award thanks to its best practice including use of local suppliers for catering, changing places facilities, efficient boilers and solar panels among others.

Fodder's building has 22 sustainable features within it – including its ground-sourced heating system to the living sedum roof that provides fantastic insulation plus a wonderful habitat for insects.

All waste from all activities on the showground is recycled. Nothing goes to landfill.

In 2019, businesses and events held at the Great Yorkshire Showground contributed £73.7 million to the economy. It supported 688 full time equivalent jobs and attracted more than half a million visitors and exhibitors, according to independent research carried out by the Pegasus Group.

BUSINESSES TO BENEFIT FROM EXTENSION TO PLUG-IN VAN AND TRUCK GRANTS

Businesses will be supported to make the switch to electric as the Government commits to a two-year extension of Plug-In Van and Truck Grants.

The move is expected to support the purchase of tens of thousands of greener vans and trucks, and will help make the UK less reliant on imports of foreign oil, improving the security of our energy supply and reducing our vulnerability to volatility in global energy prices.

Last year, industry figures showed the UK had the highest number of plug-in electric vans sold in Europe, and there were around four times as many grant applications compared to 2020. Existing grants have supported the purchase of more than 26,000 electric vans and HGVs across the UK since the programme launched in 2012.

With nearly 5% of the UK's CO2 emissions currently coming from vans, the two-year extension to these grants and the switch to greener vehicles is essential to support the Government's climate change and air quality commitments.

Government grants for electric vans and trucks has helped kickstart the market, which now offers more than 30 models of electric vans and trucks which qualify for such schemes. Electric vehicles are becoming more popular and affordable, and the number of available models will continue to rise, allowing more people and businesses to benefit from the lower running costs of greener vehicles.

This Government has committed £2.5bn to vehicle grants and chargepoint

infrastructure to support the transition to zero emission vehicles to date, and Plug-In Vehicle Grant Schemes have supported the purchase of over 450,000 ultra-low emission vehicles across the UK – including more than 300,000 zero emission vehicles.

As well as the extension to grant schemes, the Government has also announced it will continue to allow drivers holding standard car driving licences to drive electric goods vans at a higher weight limit, up to 4.25 tonnes (compared to a 3.5 tonne limit for diesel vans).

This takes into account the additional weight of electric vehicle batteries and makes it easier for businesses and drivers to make the switch.

To ensure funding and taxpayers' money goes where it's really needed and supports the transition to zero emission vehicles, eligibility criteria for existing Plug-In Vehicle Grants will also be recategorised with a focus on heavier vehicles.

From the 1st of this month, the threshold to claim the small truck grant of up to £16,000 will be increased from 3.5 tonnes to 4.25 tonnes. Vans up to 4.25 tonnes will be able to claim the large van grant of up to £5,000.

With the increasing number of large vans on the market, the move will ensure Government targets support where it's most needed, allowing for heavier and more costly trucks, up to 12 tonnes, to benefit from the higher grant funding.

This change will ensure funding is focussed on helping more polluting trucks to make the switch to a zero-emission future.



World's Greatest Cars Heading To Salon Privé London For Spectacular Luxury Motoring Festival

More than 150 cars from the world's greatest manufacturers will be on display at Salon Privé London, which is set to take place from 21-23 April 2022 at Royal Hospital Chelsea. Among them will be the latest models from Bugatti, Maserati and Lamborghini, which will be represented by their prestigious London-based retailer H.R. Owen.

With a history that dates back to 1932, H.R. Owen has long been synonymous with the most sought-after premium car brands, and at Salon Privé London it will be showcasing the new Maserati MC20. The mid-engined, two-seater supercar is the spiritual successor to the famous MC12, and its 3-litre, twin-turbocharged V6 produces 621bhp – enough to propel it to a top speed of 203mph.

Lamborghini London will also be represented on the lawns of Royal Hospital Chelsea, with H.R. Owen presenting the sensational 770bhp Aventador LP 780-4 Ultimae. This latest model is the most powerful, naturally aspirated Aventador, Lamborghini has ever produced. Only 350

coupés and 250 Roadsters will be built as the ultimate development of the Aventador bloodline, and the 220mph hypercar marks the end of an era for the fabled Sant'Agata marque. It will take its place at Salon Privé London alongside the new motorsport-inspired Huracan STO and the latest Urus SUV.

As befitting Salon Privé's status as one of the world's most prestigious automotive events, a number of cars will be making their UK debut at Royal Hospital Chelsea, and the very latest models from the likes of Alpine, Aston Martin, Jaguar Land Rover SVO, Pininfarina and Porsche will be on display. They will be joined by Hispano Suiza and Genesis, plus British specialists Envisage, Everrati, Jensen Automotive and Overfinch, to provide a line-up that covers everything from reimagined classics to next-generation hypercars and EVs.

For all event information, please visit www.salonprivelondon.com

Busa Bonanza Announced



Suzuki GB and Bennetts insurance have teamed up to host an action-packed Busa Bonanza, which will take place on 26 April at Elvington Airfield and give owners the chance to ride their own Hayabusa flat-out in a run-what-you-brung-style event, as well as the opportunity to test ride the new, third generation machine.

Open to all Hayabusa owners – road legal or otherwise – attendees will be able to enjoy an unlimited number of runs and will be provided with printouts recording their speed at ½ mile and one-mile intervals. A complementary photography service will also provide free images of the day.

Those attendees will also be able to test ride the new Hayabusa, launched last year, with Suzuki bringing along a fleet of six demo machines. Available on a first come, first served basis, loanees will be

required to provide their licence details and a DVLA check code, or National Insurance number.

A number of modified Hayabusa drag racers will be on display and stun crowds with top-speed demo runs, while British Superbike racers Christian Iddon and Danny Kent will swap their GSX-R1000s for Hayabusas for the day. Suzuki will also display its wider product range, including the newly-launched GSX-S1000GT.

Gates open at 10:30am with standard entry £5. Runway use is free for Bennetts Bike Social members, or £10 for an unlimited number of runs for non-members.

Elvington Airfield can be found near Elvington, York, YO41 4XS.

Squires Cafe

What's on @ Squires, April 2022;

Sat 2nd - Yorkshire Blacksmith Meeting

The Yorkshire Blacksmith group meet at Squires each month between 11am and 3pm. If you are interested please come down and join in

Sun 3rd - Fordmeet

Start of the season Ford car meet in the top field. 1000's of Fords old and new on show

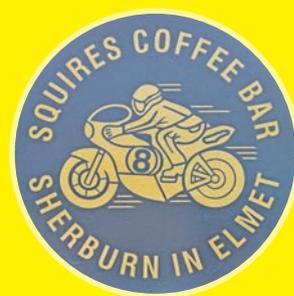
Tues 5th - Japanese Car Meet

The monthly Japanese car meet (evening) £2 entry per car

Sat 23rd AM - Autojumble

Our monthly autojumble. Pitches are £5 each for sellers

Visit www.squires-cafe.co.uk for more details



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WAGGING TALES!

Guide Dogs Encourages Enrichment To Boost Dog Mental Health



New research by Guide Dogs has revealed that 74% of the nation's dogs show signs of having poor mental health, with 18% showing symptoms as often as weekly.

The most common signs of poor mental health for pups can include loss of appetite, destructiveness and low activity levels, as well as hyper-activity and lots of barking. A dog exhibiting these behaviours may be bored or frustrated and looking for something to interest them.

Only 36% of dog owners are able to spot the signs of poor canine mental health and only 24% admitting they didn't even realise that a dog could suffer with poor mental health.

Canine enrichment activities, such as food-based puzzle toys, LickiMats, forging games, sensory activities and steady walks with lots of sniffing opportunities, could be the key to boosting a dog's mood.

On average, UK dog owners spend between 46 – 60 minutes per day looking to keep their dog stimulated. Guide Dogs advises that age and energy level decide the amount of stimulation a dog needs, but all owners should do canine enrichment activities little and often and think about quality, not quantity. Variety is key; doing something a bit different each day or mixing things up throughout the week is much more interesting for a dog.

Chief Scientific Officer at Guide Dogs, Dr Helen Whiteside says, "It's an outdated viewpoint to think that dogs just need a walk or two a day to be content. Without different forms of mental stimulation, dogs can begin to show signs of behavioural issues, such as anxiety and frustration, which can have a huge impact on their mental wellbeing.

"Dogs can thrive when given new tasks and opportunities to engage. Integrating a mix of canine enrichment activities into your dog's day-to-day life is the best way to help stimulate their senses, encourage them to practice natural behaviours, and improve their wellbeing. As well as being a lot of fun for you and your dog.

"Not all dogs are able to take on the exciting challenges of being a guide dog, but they can all benefit from other forms of canine enrichment."



How To Keep Your Pet Safe From Hidden Dangers This Spring

As spring is now officially here, we can expect lighter evenings, warmer days and a colourful array of seasonal blooms. Many of us will have an added spring in our step, finding increased motivation for getting the house spick-and-span and spending more time outside.

Our pets will also relish the opportunity for more time playing in the garden, and we know there are plenty of benefits to enjoying the great outdoors, both mental and physical.

However, a new season also brings with it some hidden dangers that can pose a risk to our four-legged friends. PDSA Vet Nurse, Shauna Spooner, has shared some of the things pet owners should be aware of this spring.

Beware Of Toxic Flowers



"Our pets are curious creatures, often keen to explore plants and trees, but some can be toxic, or even fatal, if eaten. Whatever the season, it's important to be aware of the hidden hazards that some of the beautiful new blooms can pose for our pets. Types to watch out for during springtime include azaleas, daffodils, hyacinth, cotoneasters, geraniums, tulips and irises.

"For avid gardeners, installing fencing will help deter your four-legged friend from areas with lots of plants and bulbs – but be sure to still keep a close eye on them while they're outside. If you spot your pet eating a potentially dangerous plant, or they suddenly become unwell after being in the garden, contact your vet as quickly as possible.

Spring Clean With Caution

"As well as enjoying the seasonal changes outdoors, you may find yourself spring cleaning your home too – but it's important to keep four-legged friends away from any toxic products. Many household cleaners such as bleach, oven cleaner, dishwasher tablets and laundry detergents can be very dangerous for our pets – the harsh chemicals can cause burns to wandering paws and can even be fatal if ingested. The good news is that there are plenty of safer alternatives that are also kinder to the environment, such as baking soda, vinegar and lemon juice – using these will help you create a gleaming and fresh interior, while posing much less of a risk to your furry friend.



"If you do use stronger products, it's essential to follow instructions and dilute where necessary. Wipe down floors and surfaces with fresh water after using chemicals to ensure your pet can walk around safely, and don't forget to empty any mop buckets as soon as you've finished. Be sure to store products well out of reach – if your pet has mastered the art of opening door handles, it's worth fitting a child-proof lock on your cleaning cupboard!

Keep Easter Treats Out Of Paws' Reach



"Humans aren't the only ones tempted by a chocolatey treat or hot-cross bun – our pets can sniff them out even when concealed in packaging. Having chocolate in the house can pose a real danger to our precious pets – it contains a substance called theobromine, which can be life-threatening to animals if consumed.

"Signs of chocolate poisoning include excessive thirst, vomiting, a tender tummy, drooling and restlessness. These symptoms can worsen over time, affecting an animal's heart rate, temperature and breathing. As well as chocolate treats, raisins, peanuts and coffee beans can also be a real danger. I'd always recommend storing chocolate in the same way you'd store medicine – well out of paws' reach! If you want to give your pet a treat, offer a tasty low-fat snack such as a small piece of carrot. Alternatively, indulge in a new toy, a nice long walk or an extra-long playtime!"

For more information on keeping pets safe this spring, visit: pdsa.org.uk/pet-help-and-advice/looking-after-your-pet/all-pets/pet-care-in-spring



Bulldog Who Collapsed And 'Turned Blue' Due To Breathing Difficulties Has Life-Saving Surgery

Eight-year-old British bulldog Miss Pickles was taken in by RSPCA Halifax, Huddersfield, Bradford & District Branch, in West Yorkshire, when her owner could no longer take care of her. When she arrived it became apparent that she needed urgent surgery to help her breathe more freely.

Animal centre manager Claire Kendall said: "We very quickly realised that Miss Pickles was struggling to breathe and vets diagnosed her with grade three brachycephalic obstructive airway syndrome - also known as BOAS.

"This is a group of conditions that we see in dogs selected for shorter noses and flatter faces, like bulldogs, which compromises their ability to breathe normally and Miss Pickles was sadly the most serious grade possible.

"She really struggled for breath and can often be heard wheezing and snorting as she tried to breathe. We had to be incredibly careful

exercising her as she has gone blue in colour and collapsed in the past.

"It was heartbreaking that this sweet, fun dog couldn't run or play because she couldn't breathe normally."

The branch launched a fundraising appeal to raise the £2,500 needed to carry out the operation and Miss Pickles recovered well from the surgery. And now, she's been reserved and will soon be going off to her new home.

But she's just one of a growing number of brachycephalic (or flat-faced) dogs who find it impossible to carry out normal dog activities such as walking, playing, or even sleeping.

The RSPCA has launched a new campaign Save Our Breath urging the public not to buy breeds who cannot live normal lives due to the irresponsible way they've been selectively bred.

The warning comes as the number of British bulldog puppies

being registered with the Kennel Club increased 149%, between 2011 and 2020.

With the surge in demand for pets during lockdown there are fears that more brachycephalic dogs will have been bred by breeders resulting in even more sickly animals who require expensive veterinary treatment to help them carry out the simplest of everyday tasks such as walking and playing. And the RSPCA fears that more of these animals could be abandoned or relinquished to charity as their owners struggle to cope with costly veterinary bills as the cost of living soars.

RSPCA chief vet Caroline Allen said: "Our desire for cuteness and the selection for shorter, flatter faces - known as brachycephaly - has resulted in dogs who struggle to breathe.

"Their excessive soft tissue causes obstruction in their airways and their abnormally narrowed nostrils and windpipes leave them gasping for air. Struggling to breathe, or even sleep is very distressing and affected dogs are struggling with this every day, with serious impacts on their welfare. They also face eye problems, skin concerns due to excessive wrinkles, and painful back conditions due to corkscrew tails.

"We understand why there is so much love out there for these breeds. But it's wrong that we're knowingly breeding for features which compromise their basic health and welfare.

"What's concerning about dog shows and events is that these breeds - who have no quality of life - are being celebrated, which further popularises them with potential buyers."

The public has an important role to play in helping to improve the future health of these breeds. We need to stop seeing these pets as cute and recognise the serious health issues they face.

The Save Our Breath campaign seeks to educate the public about the impact of this type of breeding on dog welfare. We'd like people to consider getting an alternative breed or consider a crossbreed that has a lower risk of problems.

For those wishing to get involved in the Save Our Breath, there will be two surveys available to members of the public. One survey will collect crucial information on brachycephalic animals in advertising, while the other will allow the public to share their own experiences with these animals. This vital research will help inform the RSPCA's experts as it works to protect future generations of these animals.

Supporters can also sign up to the Give Animals a Voice campaign network for the latest information and access to campaign materials.

RSPCA Donates £20,000 To Help Animals Of War-Torn Ukraine

The RSPCA has pledged £20,000 to international animal charity FOUR PAWS' appeal for donations to help animals in Ukraine.

Contributions to international animal charity FOUR PAWS will be channeled towards local Ukrainian organisations which are working hard on the ground in the war-torn country to care for animals - from dogs who have been lost by their fleeing owners, to wild bears in need.

RSPCA Director of Advocacy & Policy Emma Slawinski said: "The tragic human disaster in Ukraine has had a knock-on effect for the animals there too. With many of Ukraine's animal welfare services now curtailed or shut down, we are proud to be able to help on-the-ground charities with our donation and would urge others to help if they can via the FOUR PAWS website."

Sonul Badiani-Hammet UK Country Director FOUR PAWS UK said: "We are incredibly grateful to our friends at the RSPCA for their support.

"Not only have they kindly donated to our work in Ukraine, but they are also sharing how their supporters can be involved too. This means we can ensure help is provided right where it is needed, in shelters and at railway stations.

"Our teams have already delivered food to local shelters to assist them in caring for the growing number of animals in their care, whilst also offering supplies and support for those fleeing the country.

"We want to do all we can to make sure the animals are prepared for the next step in their journeys and thank everyone for supporting us in making this possible."

The donations from the RSPCA and others towards the care of animals in Ukraine complement newly announced free quarantine



■ War in Ukraine. A man and his dogs stand in front of a badly damaged residential building that was hit by a Russian shell

services for pets arriving from there into the UK with their refugee owners.

The RSPCA has been working behind the scenes to assist the UK Government in introducing this new process for refugees entering the UK with their pets.

Emma added:

"We're also delighted that the UK Government is introducing a new process for refugees to come here with their pets. We've been working hard behind-the-scenes to assist in making this a possibility.

"Pets are parts of our family and during the horrific recent events in Ukraine we've seen individuals go to incredible lengths to ensure their pets get to safety. We're pleased that for those refugees coming to the UK they won't have the added heartbreak of leaving their pets behind."

The RSPCA will continue to work as part of Eurogroup for Animals supporting organisations working on the ground in Ukraine to help those animals who have been left behind.

In addition to their work with companion animals, FOUR PAWS also operates BEAR SANCTUARY Domazhyr in the West of Ukraine. Last month the species-appropriate sanctuary took in seven bears, including two cubs, from WHITE ROCK Shelter near Kyiv. Dedicated staff have remained on-site continue to monitor the bears, of which there are now 36.

Find out more about how you can help here;

www.four-paws.org.uk/ukraineupdate

To help the RSPCA continue rescuing, rehabilitating and rehoming animals in desperate need of care please visit www.rspca.org.uk/getinvolved/donate or call the donation line on 0300 123 8181.



■ Rob

People Affected By Cancer In Yorkshire Invited To Share What 'More Life' Means To Them

Yorkshire Cancer Research launches its new campaign For More Life Without Cancer on Monday 7 March to highlight the hopes and possibilities of research through the experiences of people directly impacted by cancer.

With 30,000 people diagnosed with cancer every year in Yorkshire alone, the region is one of the hardest hit in the country. The charity aims to save 2,000 lives in the region each year by funding work to prevent, diagnose and treat cancer.

The campaign will include a new TV advert featuring three people from Yorkshire who have been affected by cancer.

Rob Smith from York, Ryan Grainger from Harrogate and Sheena Hussain from Bradford are supporting the charity's drive to save as many lives as possible in the region.

Rob was diagnosed with prostate cancer in 2016. Following his diagnosis, he discovered the York Philharmonic Male Voice Choir. Becoming a part of the group, along with his wife Helen who joined as the choir's accompanist, gave him a new lease of life. The choir and the joy it has brought the couple features in the new campaign.

He said: "I was keen to use this opportunity to raise awareness of cancer and the great strides that have been made in terms of treatment and support services over recent years. This would not have been possible without the research activities of organisations like Yorkshire Cancer Research.

"I also wanted to highlight the fact that it is possible to have cancer, whilst still enjoying a wonderful and fulfilling life. Having a cancer diagnosis shakes the very foundations of who you are as an individual, but one of the key things in my mind was, I'm not ready for my life to end yet. There are things that I still want to do, want to achieve and want to enjoy.

"Cancer has made my wife and I realise how important life is and how much we appreciate the relationship that we have together."

Farm worker Ryan Grainger, who was 19 when he was diagnosed with testicular cancer, is also supporting the campaign.



■ Ryan

Ryan said: "Yorkshire's my home and after going through cancer, I want to do anything I can to help. It's important that we talk about it and raise awareness.

"Cancer has definitely changed my outlook on life. My family and friends have become so important to me. You don't realise how much you might need them.

"Not every day is sunshine and rainbows but when I have bad days I think, look at the bigger picture. I could not be here but I am. There's always tomorrow."



■ Sheena

Sheena was an immigration lawyer before being diagnosed with thyroid cancer. During her cancer experience, she discovered poetry. She has now self-published her first book, runs an annual children's poetry competition and has started her own support group for women.

Sheena said: "After being diagnosed with cancer, I realised that there's more to life than just you and your career. There are so many different avenues to take, and we shouldn't be scared to take them. Obviously, the path of cancer was given to me. I had no choice. I had to follow that through. But what came out of it was a deep love and appreciation for poetry.

"I'm one of the lucky ones. I have come out of the other end and gained something very positive. I've been given a new life. For me, cancer became a precious gift, and that gift was enveloped in poetry."

To help demonstrate the huge progress that has been made thanks to advances in research, Yorkshire Cancer Research is calling on people in Yorkshire to explain what 'more life' means to them, from simple things that make up the 'every day', to being there for the big moments and special memories.

Dr Kathryn Scott, Chief Executive at Yorkshire Cancer Research, said: "This campaign demonstrates the true impact of cancer research, as told by those who have benefitted first hand.

"That's why we're inviting people across the region to come together to share their experiences. By getting involved they may inspire others."

To share your experience and contribute to Yorkshire Cancer Research's *More Life digital 'wall of hope'*, and to find out more about the campaign, go to:

www.yorkshirecancerresearch.org.uk/more-life.

Scientists Use Vaccination To Successfully Treat COVID-19 For First Time

Doctors have successfully used vaccination to treat a patient with COVID-19 in what is thought to be the first instance of the vaccine being used for therapy instead of prevention.

Ian Lester, 37, a dispensing optician from Pontypridd who has a rare genetic immunodeficiency, tested positive for COVID-19 for seven-and-a-half months after catching the virus.

The virus was finally cleared from his body after clinicians from the Immunodeficiency Centre for Wales used two doses of the Pfizer vaccine to treat him and scientists from Cardiff University monitored his immune system's response.

It suggests the vaccine successfully kick-started Mr Lester's immune system to clear the virus – and it is now hoped this approach could be used to treat other patients who are immune compromised.

"They went above and beyond for me. I will be forever thankful to the doctors, nurses and scientists who helped me," said Mr Lester, whose case is outlined in the *Journal of Clinical Immunology*.

Mr Lester has Wiskott-Aldrich Syndrome, a rare condition which causes immunodeficiency, so he has a dampened response to infection. When he caught COVID-19 in December 2020, Mr Lester was unable to fight off the virus and it was repeatedly detected for at least 218 days. This is different to long COVID where the effects of infection may remain even after the virus has been cleared.

During this time, he suffered fluctuating symptoms of chest tightness, insomnia, headaches, poor concentration and extreme fatigue and had to self-isolate for large parts of this time.

"Given the persistent positive PCR tests and impact on his health and mental health, we decided on a unique therapeutic approach," said Professor Stephen Jolles, Clinical Lead at the Centre and Honorary Professor at Cardiff University's School of Medicine.

"We wondered whether therapeutic vaccination could help in finally clearing the virus by inducing a strong immune response within the body.

"We administered two doses of the BioNTech Pfizer vaccine, one month apart, and very quickly saw a strong antibody response, much stronger than had been induced by the prolonged natural infection."

Researchers at the Centre, based at the University Hospital of Wales in Cardiff, also saw a strong T-cell response – the arm of the immune system thought to be crucial to fighting off the virus.

Dr Mark Ponsford, a clinician scientist from Cardiff University's School of Medicine, said SARS-CoV-2 clearance was finally confirmed 72 days after the first vaccination dose, and 218 days since it was first detected.

"It was a pretty astonishing moment," he said.

"To our knowledge, this is the first time mRNA vaccination has been used to clear persistent COVID-19 infection. Importantly, the vaccine was well tolerated by the patient and successfully induced a strong antibody and T-cell response. This was remarkable given Ian's response to conventional vaccinations in the past has been extremely limited."

Scientists will need to reproduce this work to confirm the link and see if it can be used in other cases.

"We have all seen how vital vaccination is to the ongoing fight against the global pandemic – but our study is the first to highlight the exciting potential for it to be used as a treatment in persistent infection," said Dr Ponsford.

"While genetic causes of immunodeficiency are rare, there are many more individuals whose immune system have been suppressed because of their medical conditions and treatments. We should be alert to persistent COVID-19 infection in this setting and develop the tools to respond accordingly."

Ian's story: 'Each test came back positive, time and time again'

"When I first contracted the virus in December 2020, I was shocked as I had minimal symptoms; the most noticeable being lack of taste and smell. I informed the Immunology department at UHW, as I have been under their care since childhood. They were concerned as they suspected people with immune deficiencies could stay contagious for longer than average. I was

sent regular PCR home swab kits to monitor my status. Although most people are able to stop isolating after 10 days of contracting the virus, I was an exception to the rule. Each test came back positive, time and time again. Months passed, which felt like a lifetime when you're not able to go anywhere or see friends or family.

"My symptoms gradually became worse the longer I had the virus. This included extreme fatigue, lack of sleep (borderline insomnia) headaches and chest tightness. Each positive COVID swab (every 10-14 days) left me feeling more deflated and anxious. I began to feel like I was a prisoner in my own home and the days blurred into months. By June 2021, when social gatherings were being allowed again, I was feeling very frustrated and started to doubt I would ever become negative.

"In my case, the treatment options were very limited. Antiviral medication was discussed, although funding this through the NHS at the time was not viable as my COVID symptoms were not bad enough to be hospitalised. When the vaccination was suggested by the hospital to help fight the virus, I was more than willing to try it, as I trusted their clinical knowledge.

"After my first vaccination in May, PCR testing began to suggest my body was finally fighting the virus. This got me very excited, and I dared to imagine normal life again. Unfortunately, this was short lived, causing more frustration. The second vaccination was given to me three and a half weeks later – and eight weeks later I started to get consistent negative COVID results.

"I was over the moon and beyond relieved to finally be negative and get my life back on track. I was really lucky to have a strong network of family and friends supporting me, which helped keep me sane. Since becoming negative, I have noticed some symptoms of long COVID. But it's a small price to pay for freedom.

"I'm very grateful for all the help and care from the doctors and nurses in the Immunology Department team at UHW. I really felt like they were by my side every step of the way, and happy to listen to my concerns. They went above and beyond for me. I will be forever thankful."

Many Sleep Images Of Babies On Social Media Could Put Them At Risk Warns Charity

Baby charity The Lullaby Trust is warning families that some popular baby sleeping products promoted on social media do not conform to safer sleep advice and could potentially put babies at risk.

The survey of over 4,600 new and expectant parents found 67% of parents follow celebrities and influencers who have babies. Just over half of those who follow influencers stated they do so for parenting tips and/or baby product recommendations. As content shared online can greatly influence new parents, The Lullaby Trust's Safer Sleep Week campaign this year urged more examples of safer sleep images to be shared across social media platforms.

Worryingly, over 1 in 3 parents (37%) have bought a baby sleep product which doesn't fit with safer sleep advice, including cot bumpers and baby pillows after seeing them on their Instagram and Facebook feeds.

In the survey, 94% of parents told The Lullaby Trust they understood that sleep surfaces that aren't firm or flat can increase the risk of SIDS. However, the same survey also showed that 40% have a positive view of baby sleep pods and nests after seeing them online. These items which are often depicted on social media as sleeping spaces for babies do not fit with safer sleep advice that babies should sleep on a firm, entirely flat waterproof surface. Sleeping a baby on a soft surface can increase the risk of SIDS as they make it harder for babies to lose body heat and maintain a safe temperature.

Jenny Ward, Chief Executive of The Lullaby Trust says:

"As a SIDS charity, we have watched with concern as many social media images of babies in worrying sleep environments have become increasingly popular. Pictures of cots filled with cot bumpers, fluffy blankets and cuddly toys might be nice to look at, but in reality aren't recommended for babies to sleep in. It is vitally important that parents are aware of advice on how to sleep their baby safely. However, images of babies sleeping this way could influence

parents to do the same and not follow safer sleep advice. All your baby needs is to be placed on their back in a clear space such as a cot, Moses basket with firmly tucked-in sheets and blankets or a baby sleeping bag. If all parents had access to this information more lives could be saved."

As part of Safer Sleep Week, The Lullaby Trust reminded families that not all images on social media are good examples of safer sleep. By promoting simple and easy-to-follow safer sleep messages on social media, more families can access advice on how to sleep their baby safely and reduce the risk of SIDS.

The charity is also working with influencers and parent content creators, including EastEnders star, 'I'm a Celebrity' 2019 queen of the jungle and mother, Jacqueline Jossa, to promote the importance of safer sleep imagery on social media and to encourage parents to share their own baby's safer sleep space with the hashtag #letskeepitclear.

Jacqueline Jossa, a supporter for The Lullaby Trust says:

"The Lullaby Trust is a charity very close to my heart. My sister and I sadly lost two brothers - one to SIDS, so spreading their vital safer sleep advice for babies is really important to me. As an avid user of social media, I believe 'Instagram v Reality' is a brilliant theme to highlight that not all styled-up images of babies sleeping spaces seen on Instagram are necessarily safe spaces and to encourage parents up and down the country to #letskeepitclear

I also hope influencers and celebrities will see the 'Instagram v Reality' theme as an opportunity for them to have a positive impact by sharing safer sleep images of their babies and key advice with their followers, to help to reduce the risk of SIDS," Jacqueline added.

For more information on safer sleep visit;

www.lullabytrust.org.uk/safer-sleep-advice

Learn Meningitis Signs And Look Out For Your Friends, Charity Urges

CHARITY MENINGITIS NOW are urging university students across the UK to take a few minutes to learn the signs and symptoms of the disease – as cases rise to pre-Covid pandemic levels.

Every university in the UK could experience at least one case of meningitis amongst its students this term, the charity is warning.

If students fall ill, the temptation might be for them to think they have Covid-19 or a hangover, but it could be something else, including meningitis.

Meningitis is a medical emergency, so it's vital to recognise the signs and symptoms, act fast and seek medical assistance.

Charity chief executive Dr Tom Nutt said: "We know there are cases happening across the country – we heard of another one at a UK university just recently – and every case is one case too many.

"So, we're asking university students to keep meningitis in mind, learn the signs and symptoms and to look out for themselves and their friends."

Tom added: "The early signs and symptoms of meningitis can be similar to flu and include fever, headache, nausea, vomiting and muscle pain.

"More specific signs and symptoms include fever with cold hands and feet, drowsiness, confusion, pale blotchy skin, stiff neck, dislike of bright lights and a rash which doesn't fade under pressure.

"The rash can be a late sign though and may not appear, so our advice is not to wait for a rash."

If meningitis is suspected seek urgent medical help by contacting your GP or calling 111.

During the pandemic, lockdowns used to curb the spread of Covid-19 also led to a decline in other infectious diseases. Meningitis rates were at a historic low until September last year.

Since then, however, there has been an increase in MenB cases among adolescents and young adults in England, 'particularly in university students'.

Of the Invasive Meningococcal Disease (IMD) cases confirmed among the 15 to 19 and 20 to 24-year-old age groups in September to November 2021, 84.6% (22/26) were students registered at a further or higher education

institution.

Dr Nutt added: "We always feared there might be a rebound against the historically low figures for meningococcal infection we have been seeing during the pandemic, whilst hoping there would not be.

"We are already working hard to spread awareness messages within universities.

"Vaccination is the best way to protect yourself against meningitis. But, with teenagers and young people being far more likely to carry the bacteria that can cause meningococcal disease and as most students will not have been vaccinated against MenB, it is vital they remain extra vigilant, know what to look for and seek urgent medical advice if they or one of their friends becomes ill."

Meningitis Now has free information for parents and young people and lifesaving Signs and Symptoms cards. Find out more at www.MeningitisNow.org

Anyone affected or with any questions and concerns can contact the Meningitis Now Helpline on 0808 80 10 388 or email helpline@meningitisnow.org.



NICE Guidelines To Improve Diagnosis, Assessment, And Prevention Of FASD

Adoption UK welcomes NICE's (National Institute for Health and Care Excellence) latest quality standard which sets out how health and care services can improve the diagnosis, assessment, and prevention of fetal alcohol spectrum disorder (FASD).

There are thousands of children, young people, and adults with FASD living in the UK, many undiagnosed. FASD is a brain-based neurodevelopment condition resulting from an alcohol exposed pregnancy. FASD is the most common-known cause of neurodevelopmental disability in the UK. A lifelong condition, it affects individuals differently.

In 2021, the UK's first prevalence study from the University of Salford showed 2-4% of young people had FASD (a rate higher than autism). Across the general population these figures are thought to be higher (3.25-5%), and within specific vulnerable groups, such as those who are care experienced, this could be much higher. For many, and for too long, FASD has been unrecognised or misdiagnosed. The introduction of the NICE quality standards for FASD marks a significant step change in recognising the condition in England and Wales.

NICE's quality standard, highlights five key areas for improvement:

- Pregnant women are given advice throughout pregnancy not to drink alcohol.
- Pregnant women are asked about their alcohol use throughout their pregnancy, and this is recorded.
- Children and young people with probable prenatal alcohol exposure and significant physical, developmental, or behavioural difficulties are referred for assessment.
- Children and young people with confirmed prenatal alcohol exposure or all 3 facial features associated with prenatal alcohol exposure have a neurodevelopmental assessment if there are clinical concerns.
- Children and young people with a diagnosis of FASD have a management plan to address their needs.

The SIGN (Scottish Intercollegiate Guidelines Network) 156 Children and Young People Exposed Parentally to Alcohol Guidelines (2019) means children and young people in Scotland have a route to diagnosis. The new NICE Quality Standards on FASD has adopted the SIGN 156 Guidelines in respect of diagnosis.

Aliy Brown, FASD Hub Project Manager & Adoption UK FASD Lead, said: "The introduction of the NICE quality standards has been long awaited. This is a time to pause and celebrate. Next, we need to make sure the professionals for whom the guidance is written fully understand how to use them. This is just the start of ensuring everyone with a history of prenatal alcohol exposure receives the support and understanding they so deserve and need throughout their lives."

Adoption UK's 2020 Adoption Barometer report revealed one-in-four adopted children are either diagnosed with, or suspected to have, FASD. More than half of families polled had waited two years or longer for a diagnosis, and more than three-quarters felt healthcare professionals lacked basic knowledge about the condition, even though FASD is more common than autism.

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Beaverbrooks Urges People To Donate Unwanted Jewellery With Proceeds Going To Lifesaving Heart Research



■ Mandy Ruddy

National charity Heart Research UK is relaunching its Treasure Your Heart campaign, in partnership with Beaverbrooks, which encourages people to donate any unwanted or broken jewellery. It will then be auctioned off with all proceeds going to fund research into the prevention, treatment and cure of heart disease.

Beaverbrooks has supported the campaign since 1997 and so far, it has raised nearly half a million pounds. Any jewellery can be donated, be it broken, odd, or just not worn enough. Envelopes can be found in all Beaverbrooks stores nationwide and dropped back in once filled with jewellery. If unable to get to a store, you can request an envelope on Heart Research UK's website and send it back directly to them.

Heart disease is something that is close to everyone at Beaverbrooks' hearts, as employee Mandy Ruddy had lifesaving open heart surgery a few years ago. Living a perfectly healthy and active life, Mandy never expected to have a heart problem, but in 2018 it was discovered she had been born with a bicuspid aortic valve which had led to aortic valve stenosis. She was fitted with a valve innovated only two years earlier and was back at work just eight weeks later.

Workplaces and community groups can also get involved in this recycling initiative by setting up their own collection points. They can get in touch with the charity, and they will supply everything needed for collecting donations.

The donated jewellery is auctioned off by renowned auctioneers Fellows. As new partners of Heart Research UK, they have kindly waived their seller's commission. Any costume jewellery is sold in lots and more valuable pieces are sold individually.

Kate Bratt-Farrar, Chief Executive at Heart Research UK, said:

"We are so pleased to have had Beaverbrooks support Treasure Your Heart for an incredible 25 years. The campaign is an easy way for people to do their part in keeping jewellery from ending up in landfills, whilst helping fund vital research at the same time.

"We also want to thank Mandy for sharing her story with us. It's a perfect example of how necessary research is and how new findings and innovations can directly benefit patients' lives."

Anna Blackburn, Managing Director of Beaverbrooks, said:

"Supporting charitable initiatives is something that has always been incredibly important to us at Beaverbrooks, as part of our core purpose of enriching lives, which simply means making a positive difference to the world we live in.

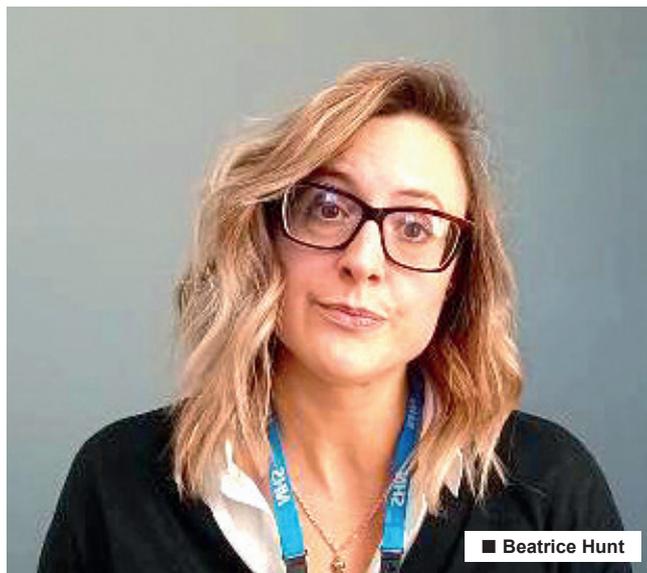
"We are now in our 25th year of supporting the Treasure Your Heart campaign, and every year we are in awe of the amazing work that Heart Research UK does, raising funds for an incredibly important cause, and one that is very close to our hearts. Taking something as simple as donating unwanted costume or pre-loved jewellery and translating that into vital funding for the charity is a great initiative and we'd like to encourage our customers to get involved if they can, to help raise money for lifesaving heart research."

Read more about the campaign and view the full list of what can be donated here: <https://heartresearch.org.uk/treasure-your-heart>

Vale Of York Patients Shed Almost 11 Stone (70kg) Thanks To Health Coaching

227 patients across three Vale of York GP practices have been supported by health and wellbeing coaches to lose weight and focus on healthy lifestyle choices, with 19 people collectively losing 68.9kg – that's almost 11 stone.

These 19 people were motivated through multiple sessions with a health and wellbeing coach to identify individual needs, set goals and support their weight loss objectives whilst developing knowledge, skills and confidence in managing their health and care, to improve both health and quality of life.



■ Beatrice Hunt

Beatrice Hunt, one of two health and wellbeing coaches employed to support patients in the Tadcaster and Rural Selby Primary Care Network said: "The main concern patients have when coming to see me is around their weight, affecting physical health, mobility, quality of life, body confidence or mental wellbeing. The patients we have supported during this first year in post have been able to set goals, discuss challenges and develop skills that will help them to have more confidence in managing their own health and wellbeing."

88% of the 227 patients supported were predominantly seeking support with weight management, 38% with their nutrition specifically, 12% with mental wellbeing, 8% with physical activity,

and a smaller percentage with smoking cessation and blood glucose control. Many patients received support in multiple areas.

Beatrice adds: "A health and wellbeing coach listens to patient needs and collaborates with them to make a plan that ultimately takes proactive steps to improve the way they manage both physical and mental health conditions."

Where appropriate coaches also refer patients on to other local and national services for support which have included NHS Diabetes Prevention Programme, physiotherapy services, peer support groups and leisure centres.

Linda Ellis, a patient at Sherburn Group Practice who was supported by health and wellbeing coaching said: "My GP suggested that the coaching service would help me and Beatrice was excellent. She listened intently, was professional, and never once did I feel embarrassed about opening up to her. I would have no hesitation in recommending this service to anybody."

The combined weight loss success of 68.9kg is with 19 patients registered to Tadcaster medical centre, Sherburn Group Practice and South Milford surgeries in the Vale of York, who are working together to provide a wider range of services to patients in a coordinated way across communities – this is called the Tadcaster and Rural Selby Primary Care Network.

Dr Steve Lovisetto, Clinical Director of the Tadcaster and Rural Selby Town Primary Care Network said: "It is a huge success to know that appointing two health and wellbeing coaches and embedding them within our three primary care teams has benefitted 227 patients – more specifically those 19 people who have improved their health with weight loss. We have ongoing discussions about what will benefit our population and this year have expanded this service to group coaching and self-referrals."

Anyone living in the Vale of York and interested in the health and wellbeing coaching service should contact their GP practice or alternatively email: voyccg.healthandwellbeingcoach-pcn@nhs.net

More information on health and wellbeing coaching can be found on the CCG website:

www.valeofyorkccg.nhs.uk/healthandwellbeingcoaches

A 'What is a Health and Wellbeing Coach' video with Beatrice Hunt is available here: <https://youtu.be/RV0ZfJdsHIk>

Anaesthetic And An Analgesic Ear Drops Can Be Considered For Acute Otitis Media To Reduce Antibiotic Use

NICE has issued an update on their acute otitis media (ear infection) guideline.

Acute otitis media (AOM) is an infection of the middle ear that causes inflammation and a build-up of fluid behind the eardrum. It can be caused by viruses or bacteria. Anyone can develop a middle ear infection, but it is most common in children up to five-years-old.

NICE issued its first guideline in acute ear infections in 2018, which said most common ear infections should not be treated with antibiotics as most children and young people get better within three days without antibiotics. Treatment options include pain relief with oral analgesics with the option of a back-up antibiotic prescription. Immediate antibiotics are an option in those most likely to benefit from an antibiotic (those of any age with ear discharge or those under 2 years with infection in both ears).

In an update, NICE is recommending health professionals and the families and carers of children and young people with acute otitis media consider using ear drops containing an anaesthetic and an analgesic for pain associated with AOM. This approach aims to further reduce the over-use of antibiotics for this common ear infection.

The anaesthetic and an analgesic ear drops can be used if an immediate antibiotic prescription is not given and there is no ear drum perforation or otorrhoea (discharge from the ear). Currently in England, there is one preparation of anaesthetic/analgesic ear drops available – Otigo.

The anaesthetic and an analgesic ear drops are available on prescription

with four drops being applied two or three times a day for up to a week.

There are around 896,000 episodes of AOM in children aged 0 to 5 years old in England each year. Of these, 524,000 are estimated to have AOM with no ear drum perforation or otorrhoea and are eligible for pain treatment with ear drops containing an anaesthetic and an analgesic.

Currently paracetamol or ibuprofen are routinely used to manage pain associated with AOM and there is very minimal use of ear drops containing an anaesthetic and an analgesic.

Dr Paul Chrisp, director of NICE's centre for guidelines, said: "Based on evidence, our committee agreed that ear drops containing an anaesthetic and an analgesic may reduce antibiotic consumption and relieve pain in children who did not need immediate antibiotics.

"The evidence shows antibiotics are not needed by most children and young people with middle ear infections. We must make sure the people who need them are given them, but routine prescribing in all cases isn't appropriate.

"We will continue to monitor new studies or treatments, which could be relevant to and impact on our guidelines to ensure that our advice and information remains as up to date as possible."

NICE's guideline sets out an antimicrobial prescribing strategy for AOM which aims to limit antibiotic use and reduce antimicrobial resistance, which includes a visual summary of the recommendations on treating acute otitis media.

Harrogate And District NHS Foundation Trust Have Eased Visiting Restrictions At Its Hospitals

Visiting restrictions have been eased at Harrogate and District NHS Foundation Trust's (HDFT) hospitals in Harrogate and Ripon following a decline in COVID-19 infection rates in the Harrogate district.

Visiting rules have been relaxed following a review at HDFT of the current guidelines which restricted visiting for inpatients on wards and for visitors accompanying people to their outpatient appointments.

Tightened visitor restrictions had been introduced in December due to the highly transmissible nature of the Omicron variant and following an increase in infections which saw the Harrogate district have the highest COVID-19 infection rate in North Yorkshire.

Under the new guidelines, inpatients at Harrogate District Hospital and Ripon Community Hospital may have one visitor, by appointment, between the hours of 2pm-4pm for a duration of 30 minutes. Only two visitors are allowed in each bay at any one time.

Visitors will be able to call to book an appointment. Bookings should be made directly with the ward on which the patient is staying by calling Harrogate District Hospital on 01423 885959 or Ripon Community Hospital on 01423 542900 between 10am and 4pm and asking to be put through to the relevant ward. At the time of booking, visitors will be asked to answer screening questions to ensure that they are safe to visit.

Outpatients visiting one of the hospitals for an appointment may have a maximum of one person accompany them if required.

Visitors must not have any COVID-19 symptoms, such as a high temperature; a new, continuous cough; or a loss or change to your sense of smell or taste, and must not have tested positive for COVID-19 or had contact with someone who has had the infection in the last 10 days.

Anyone visiting the hospitals will be required to wear a mask provided by the hospital, wash and sanitise their hands on entering and leaving the hospital/ward they are visiting, and stay with their relative whilst on the ward.

Jonathan Coulter, Acting Chief Executive at HDFT, said: "Having reviewed our visitor guidance and the current COVID-19 transmission levels in the district we are pleased to welcome back visitors to our hospitals.

"Like so many other hospitals in the country, we did not take the decision to restrict visitors lightly. We understand the positive impact that seeing a familiar, friendly face, such as a family member or friend, can have on a patient's recuperation, but due to the highly infectious nature of this devastating virus we needed to do all we could to prevent our patients and our staff from contracting the disease.

"We understand that our visitor restrictions have been challenging for some people and we would like to apologise for any distress they have felt, but introducing these restrictions may have prevented someone in our care from catching COVID-19 and becoming seriously ill or dying."

Yorkshire And Humber Urged To Turn The Heat Up On Dementia

Alzheimer's Society is inviting fundraisers from across Yorkshire and Humber to get their whisks at the ready to bake a difference for people affected by dementia from 25 April- 1 May. There's nothing like cake to bring people together. Whether you organise a bake stall with colleagues, share a slice with friends or family for a great cause or have a 'bake-off' with loved ones, you will be raising vital dough to help beat dementia.

Ready, bready, dough. Whip out your whisks and sign-up to Bake for dementia now at: alzheimers.org.uk/bakefordementia



There's never been a more important time for Yorkshire and Humber to turn up the heat on dementia. People affected by the condition have been worst hit by coronavirus and Alzheimer's Society's services, including the Dementia Connect support line, have been used more than six million times since the start of the pandemic. Two years on, Alzheimer's Society continues to be flooded with calls from people with the condition and their loved ones seeking vital support. By becoming a legend in the baking, you can help Alzheimer's Society continue to fund vital research, campaign for change and provide support.

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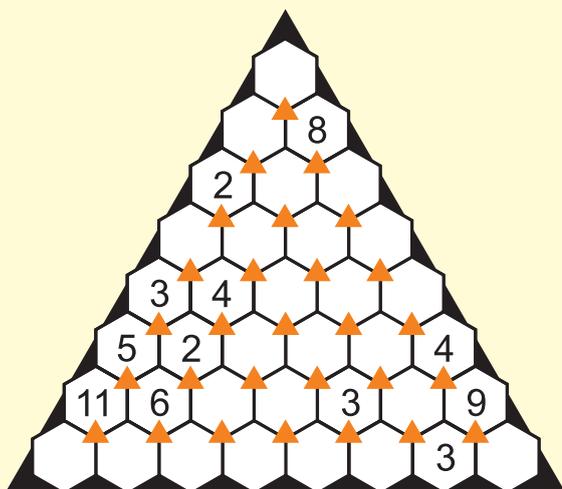
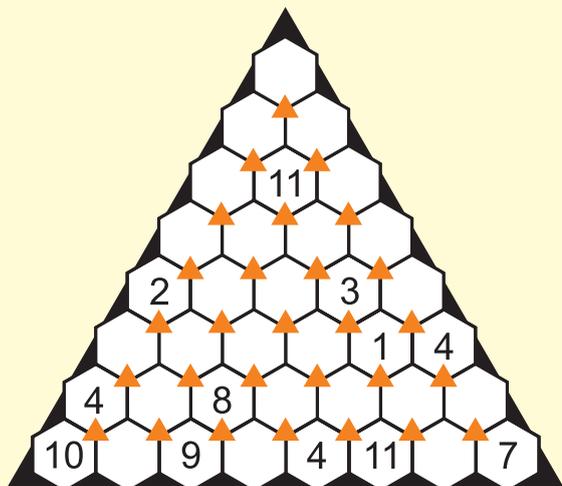
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15th-18th April

FREE PARKING

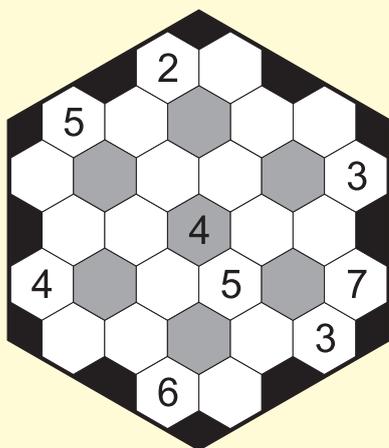
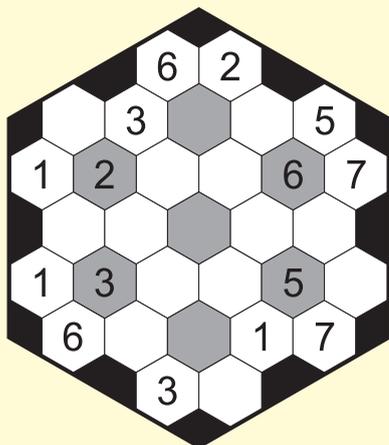
Subaddo 3D

Each orange triangle connects a set of three numbers. Two numbers must add or subtract to equal the third. All numbers must be between 1 and 12 and no number can be repeated in a horizontal row or diagonal row.



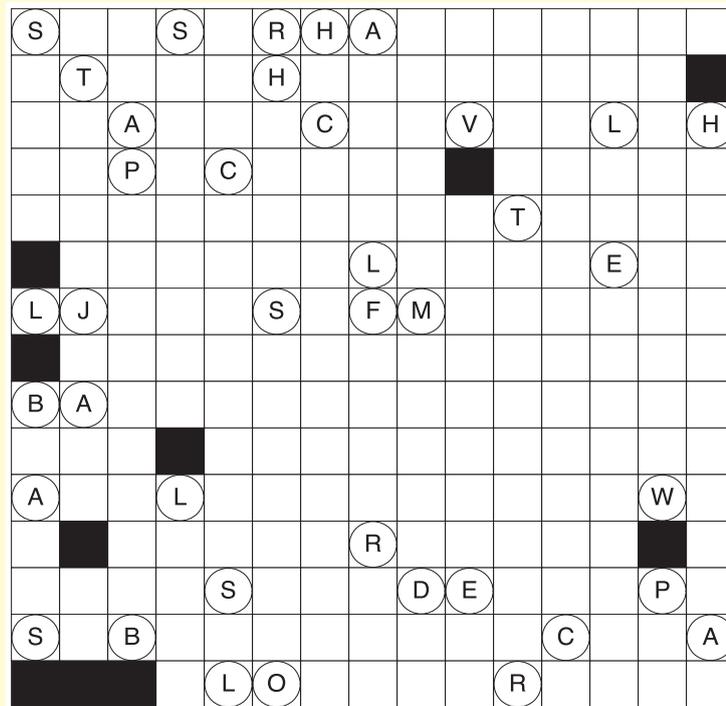
Rosetta

Fill in all 7 Rosettas with each number between 1 and 7 in no particular order while also ensuring that no number is repeated in a horizontal row and each number from 1 to 7 are represented in the 7 grey colored hexagon cells



Reverse Wordsearch

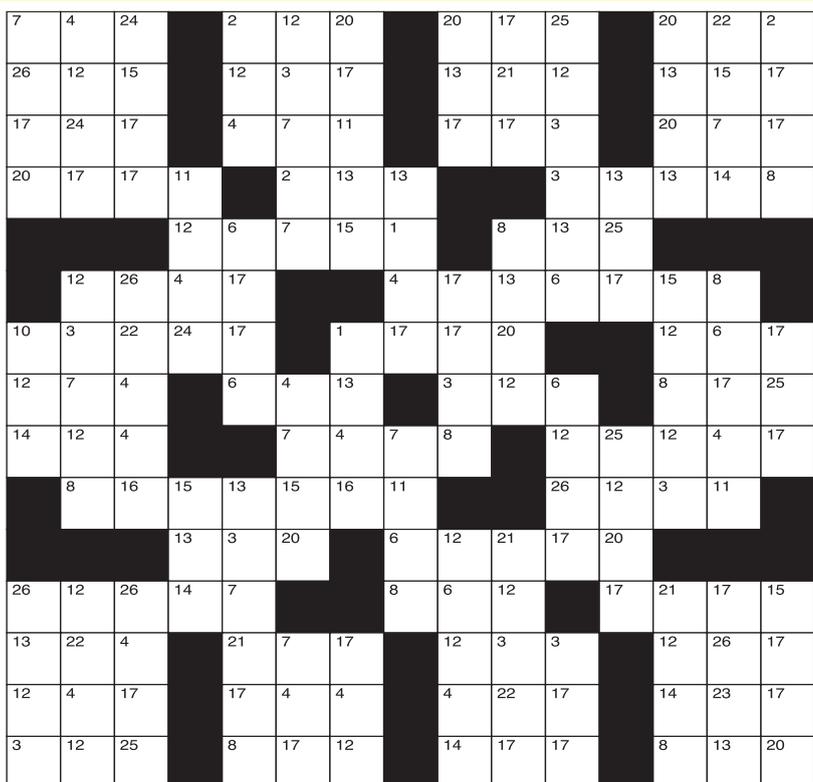
A bit more challenging than a regular word search puzzle. Build the grid up until every single empty square is filled, and all words are placed. The first letter of every word is given and circled to get you started. Note that more than one word might start on the same exact letter! Good luck!



- | | | | |
|----------------|-----------|-----------------|------------|
| Abscesses | Educators | Miming | Stove |
| Adjourn | Exempted | Obedient | Suburbs |
| Angers | Finish | Payer | Teachings |
| Antes | Harassed | Procedures | Tiles |
| Aspire | Highest | Reconciliations | Vises |
| Averted | Hinted | Riser | Windowpane |
| Blades | Jeers | Ruler | |
| Boors | Leeway | Rusts | |
| Caterpillars | Letup | Sauna | |
| Chefs | Lined | Sense | |
| Colloquialisms | Loans | Skipper | |
| Deaves | Lopped | Stink | |

Clueless Crossword

Think of a Clueless Crossword as a mix between a regular crossword puzzle and a cryptogram. Unlike many crossword puzzles, this grid is filled only with common, everyday English-language words - no abbreviations or other special "crossword" spellings are allowed. Each square in the grid is numbered 1 through 26, and each number corresponds to one (and only one) letter in the alphabet. Your goal is to completely fill in the crossword grid by gradually uncovering the letter that belongs to each number. We've given you three "giveaway" combinations - fill those into the solution grid and into any corresponding boxes in the crossword grid to get started. It helps to cross out each letter in alphabet as you use it in the grid, since no letter can be used more than once. Note that not all letters of the alphabet may be used in any given puzzle. If a number isn't used in the puzzle, it is greyed out in the solution grid.



SOLUTION GRID

1	2	3	4	5	6	7
				N/A		
8	9	10	11	12	13	14
	N/A					
15	16	17	18	19	20	21
			N/A	N/A		
22	23	24	25	26		

GIVEAWAYS

- #17 = E
- #20 = D
- #3 = L

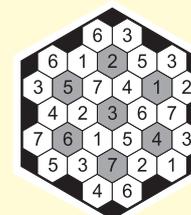
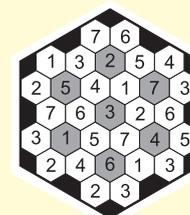
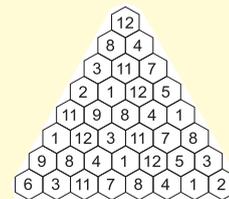
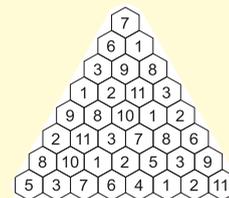
A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z

Word Scramble

Can you solve these word scrambles? Each word is taken from this month's edition.

- | | |
|-----------------------|-----------------------|
| 1 - TRHOICERPHS NBRWO | 6 - YLULF ARECHDG |
| 2 - DAGYENARH | 7 - SECAP ROSPEGRGLE |
| 3 - NAEJ NHAOTIRWS | 8 - TIDLN DGOL NNBVY |
| 4 - OHOJUBS LEBTAT | 9 - BKAE RFO NMATEEID |
| 5 - ERRAUES | 10 - HSARONIR SPSKNI |

March edition answers



Word Scramble;

1. Probate Service
2. Composite Prime
3. Daylight Saving Time
4. Bridgerton
5. Simnel Cake
6. Michelle Rosenberg
7. Doris Lindner
8. Paragon Veterinary Referrals
9. Spectacular Eyewear
10. National Bed Month



Monthly Horoscopes

By Russell Grant

ARIES

March 21st - April 20th

Your stars increase your individual magnetism, bringing out the more assertive aspect of your personality. This is the perfect moment to begin aiming for the long-term goal. A relationship can be a surprise and can behave in ways that you wouldn't have imagined of them. It might be difficult to be together. It can be stressful and challenging for you; however, you may need some stability in relationships. If your partner is temperamental or unpredictable, it is probably colossal displeasure. You shouldn't be too concerned when the passion-driven part of your love life has diminished slightly. It is possible to fix this soon.

TAURUS

April 21st - May 21st

The private part of your life will be where you'll be spending the most of your efforts. Anything that agitates you, like people, places, or a specific project, is going to require more time and effort. Some may believe that love is more in line with words than actions. At present, you don't agree. If someone is looking to take your heart and keep it for the rest of their lives, they must get to know you emotionally. You'll be able to prosper in a relationship that is caring, tender and loving. A partner's sensitivity in handling a challenging situation on the 10th will give you a feeling of security. Are you dating? Someone who can understand your desire for love and trust win your lifetime love and devotion.

GEMINI

May 22nd - June 21st

Essential decisions you need to make when the month starts can be mentally draining. The good thing is that any doubt about whether you're making the correct decision will vanish by the 8th and you'll begin to feel more at ease with your emotions and life. There isn't an ideal time to express your emotions in close friendships and relationships. You can talk about your feelings easily and you'll be treated with appreciation and respect. Make the most of this opportunity to lay the most challenging plans or ideas. Your partner will encourage you to discover your creative talents since they trust your abilities.

CANCER

June 22nd - July 23rd

The new moves you make will provide future advantages. Be sure to keep everyone whose life could impact the decisions informed about any changes. The romance is growing and new friendships are being formed. You are committed to your relationships and you know that it's not enough to see one another on occasion. You're ready to put your money into a unique relationship, giving it the chance and time to grow and develop. This is the perfect opportunity to pay attention to your partner's requirements and others who are significant and dear to you. The goal is to keep your own healthy boundaries and be respectful of other people's boundaries.

LEO

July 24th - August 23rd

You're a unique person with unique ideas and you shouldn't allow a person to denigrate you. You can sing to your own music, dress how you like to dress and love and live your life the way you want to. You deserve to be loved just for your own uniqueness and not based on what others want to see in you. You require disclosure of some sort. This could mean having to alter the conditions of your close relationship. People change and grow and you're beginning to realise that your goals and desires don't match what they were a year ago. The need to be sure that your partner understands and supports your dreams and hopes is paramount soon. If you're single, you'll be happy in your own company but won't be particularly motivated to seek romance.

VIRGO

August 24th - Sept 23rd

You're more enthusiastic and less passive in relationships or romance, which can cause others to take you, who are familiar with you, to be taken by surprise. One advantage is that you'll have the confidence to speak about what's you're thinking about. Trust and honesty are the foundation of relationships. Trust is worth more than gold. A true partner will leave their competitive nature to one side for the sake of co-operation. You'll be grateful for their help. Your most trusted companion will help you try diverse hobbies, which can be an enjoyable experience. You're trying to find creative ways to delight your loved ones.

LIBRA

Sept 24th - Oct 23rd

You're full of energy and drive to make things work to your advantage. Your colleagues will be inspired by your creative flair. Your appreciation for their ideas should make it simple for everyone to agree and then get to work. You might be worried that you and your partner were on different paths and had other aspirations. After the 10th, you'll realise that you have many common interests, which can help maintain your bond. A friend who's not been a good money manager will try to convince you to go to an extravagant event. If the concept doesn't appeal to you, or you don't want to pay for it, don't feel you're obliged to agree.

SCORPIO

Oct 24th - Nov 22nd

If you're looking to improve your appearance, now is the best time to make an effort. The most essential things in your life are work and health. It's not going to stop your thoughts from being enticed by romance and love. However, you're aware of your obligations to others and you will not let them down. Relationships at the workplace and at home can be mutually beneficial as there's an atmosphere of giving and taking around you. If you and your partner haven't spent enough time with each other, now is the perfect time to schedule an intimate getaway. Financial and legal issues will prevent you from being with your family members.

SAGITTARIUS

Nov 23rd - Dec 21st

Your dreams are possible and they can come true. What actions and plans are you taking to realise your goals and goals? The process of planning will assist you in achieving your goals. Make sure your feet are planted on the ground and stay focussed on the practical aspect of things. Romance might not be more straightforward as you know you're looking for more out of life. Your partner might be concerned that you're becoming bored of their company, so make time to assure them that it's not them but you that needs to come up with ways to make your life more enjoyable. Making time for activities, hobbies and social sports will boost your self-confidence and renew your passion for living.

CAPRICORN

Dec 22nd - Jan 20th

The family will be top of the list of priorities for you now. The relationships in your home and any home-based projects shared with your family will run smoothly and efficiently due to the time and effort you put into these. Your housemates will be impressed by your enthusiasm. You might not have been expecting it to be that simple. You might have the opportunity to enhance your life by taking advantage of exciting new possibilities and opportunities. This can have a pleasant impact on your relationships with your loved ones. If you accept an unexpected offer, it could be that you need to negotiate a compromise with a spouse.

AQUARIUS

Jan 21st - Feb 19th

A new job or lucrative chance is worth taking. Unexpected twists and turbulences will cause a bit of a bump for a while, but after that, all is going to be fine. You may feel like you're riding a rollercoaster in April as the month starts. Making a move to a different career or lifestyle could be challenging; however, it can also be exciting. It isn't clear how this will impact your relationships. When you're focused on the outside world, this could make your family and friends feel disengaged. The barriers that separate you can be reduced by keeping everyone aware of the events. A lengthy discussion around the 18th can help overcome any unresolved misunderstandings while striving to create the best possible future for you.

PISCES

Feb 20th - March 20th

A chance to take advantage of an offer causes you to hesitate. It is possible that you are worried you'd be foolish or that you might be putting too much pressure on yourself by imagining unrealistic dreams. Put aside any doubts. Be confident that you can and will accomplish whatever goals have significance to your life right now. You're more than you think and your family and friends will readily affirm this. Even things that appear impossible and beyond your reach are achievable with some substantial assistance from your loved ones. Moving in a different direction can be thrilling. Pay attention to your finances.



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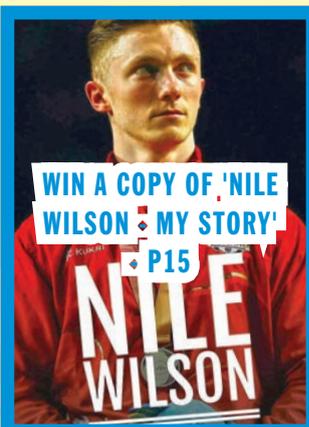
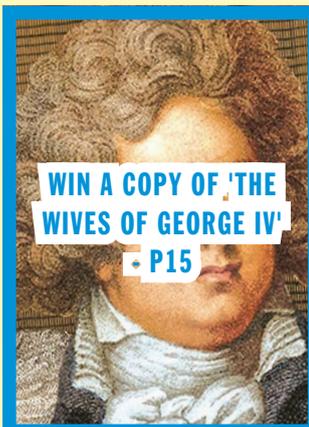


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